

SURGICAL ASSOCIATES OF FREDERICKSBURG

**DISCHARGE INSTRUCTIONS
ABDOMINAL SURGERY (Major)**

Physician: _____ Date: _____

Office # 540-373-2244

Activity:

- Do not lift anything heavier than 15 pounds for 6 weeks as well as strain, pull, or tug
- Do not drive or operate machinery for 2 weeks or until you are no longer taking pain medication
- You may ride in a vehicle
- Walking is good exercise and is encouraged. Climbing stairs is OK
- Expect to tire easily for several weeks. It usually takes about 6 weeks to develop normal stamina
- You may resume sexual intercourse whenever your incision feels comfortable enough

Diet:

- Clear liquids for _____
- Full Liquids for _____
- Resume your usual diet
- Nissen Fundoplasty: Follow dietician's instructions. Soft diet. Take small bites & chew well. Take frequent sips of liquid while eating. Avoid meat except fish. If you feel that food is stuck, quit eating & drink liquids until it resolves
- Gastrectomy: Follow the diet instructions given to you by the dietician. Sweets and milk may cause "dumping syndrome" which consists of nausea, weakness, cramps, and diarrhea. Avoid any food that produces these symptoms. Medication:
- Continue taking your medication as reviewed on the "Medication Reconciliation Form"
- Pain medication as been prescribed. Please take as directed. Narcotics may cause constipation -

Elimination:

- To prevent constipation you should use a stool softener. Preferred: Citrucel, Metamucil, Benefiber, or FiberOne but Colace or Surfak may be used. AH are available over the counter
- If constipation develops use
 - Milk of Magnesia (one or two teaspoons)
 - Dulcolax suppository (available over the counter). Do not take strong laxatives without calling your surgeon

Care of surgical wound: Staples Steri-strips

- Leave open to air
- Cover with sterile gauze dressing or band-aid
- Leave clear plastic dressing(s) in place until seen in the office
 - If you have staples you may shower after 4 days (no tub baths or swimming)
 - If you have Steri-Strips you may shower after 2 days (no tub baths or swimming)
 - If your wound is open follow your instructions for wet to dry dressing change (no tub baths or swimming)
 - If you have a drain follow your instructions for drain care

Signs of a wound infection: (Notify your physician)

- Redness, Drainage, Odor, Fever, Chills