



Colorectal Surgery

Your instructions for after your operation

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After Hospital Discharge

- This contains general instructions for colorectal surgery and may not be tailored to your individual needs.
- If you were given different instructions at your hospital discharge, please follow those instructions given by your provider.

After Hospital Discharge

- **Walk!** Aim for 4-8 times/day.
- Get out of bed and sit upright.
- Avoid ice chips. Avoid carbonated beverages. These cause bloating.
- **Wash hands** before handling wounds or dressings.
- Write down questions you have to address when we see you in the office for follow up visits.

Diet Instructions

- **Eat bland and soft foods** for the first week. Eat small portions.
- Examples of foods to eat include soups without large chunks, pudding, pureed fruits, ground beef, soft pastas, white rice, mashed potatoes, cottage cheese.
- **Avoid:** alcohol, carbonation, spicy foods, large pieces of meat, raw vegetables, whole grains, beans and nuts, etc.

After Hospital Discharge

- If you were previously on a **blood-thinning medication** that was stopped prior to surgery, it is generally safe to resume taking it after 48-72 hours post-op.

- You **may not lift** anything greater than 15 lbs for 4 weeks.



After Hospital Discharge

- Beware of the side effects of prescription-strength pain medications including constipation and nausea and take only as needed during the first few days. Use stool softeners as needed.
- Follow all other instructions that were provided in your discharge papers from Silver Cross.

First Follow Up Visit

- You will need to schedule a follow up visit with our office **10-14 days** after your surgery.
- At this visit we will discuss how your symptoms have been improving, when you can add different foods into your diet, answer questions and check your incisions.

Still have questions?



Contact us at (815) 717-8730