

# Patrick Moore, MD, FACS

## Colon Resection Post-Operative Instructions

### PAIN MEDICATION

1. You will be given a prescription for pain medication as needed. Drink a lot of water to help prevent constipation.
2. When the pain decreases, you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and/or vomiting: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

### DRIVING

1. Do NOT drive.
2. Do NOT drive while taking the prescription pain medication.

### DRESSINGS

- You can shower after discharge. Pat dry the incisional area.

### ACTIVITY

- No vigorous activity, heavy lifting or straining for 4 weeks post op. NO lifting greater than 10 lbs. You may walk outside or upstairs.

### DIET

- Maintain a low fiber (low residue) diet until your follow up appointment with the doctor.

### PAGE THE DOCTOR

### IF YOU EXPERIENCE:

1. Unusual color and/or discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call us to schedule a follow-up appointment within 2 weeks following your discharge.

**Please call Dr. Moore's pager number if you have ANY serious concerns or questions after surgery.**