

COLON & RECTAL SURGERY, LTD.

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AFTER YOUR SURGERY

- ✓ IF YOU ARE DISCHARGED ON THE SAME DAY AS YOUR OPERATION, REMOVE THE DRESSINGS IN THE EVENING AND TAKE A SITZBATH.
- ✓ RESUME YOUR REGULAR DIET, BUT AVOID CONSTIPATING FOODS. DRINK AT LEAST 8 GLASSES OF WATER/FLUID DAILY.
- ✓ **TAKE KONSYL* OR METAMUCIL*** - ONE HEAPING TEASPOONFUL IN A GLASS OF FLUID (WATER OR JUICE) DAILY. FOLLOW EACH DOSE WITH A SECOND FULL GLASS OF FLUID.
- ✓ TAKE **SENNA-S*** CAPLETS, 2 AT BEDTIME EVERY DAY UNTIL BOWELS MOVE WITHOUT DIFFICULTY. IF BOWELS MOVE TWICE IN A DAY, TAKE ONLY ONE CAPLET THAT NIGHT. IF BOWELS MOVE MORE THAN TWICE IN A DAY, OMIT SENNA-S **THAT NIGHT ONLY**. RESUME SENNA-S ONCE AGAIN IF NO BOWEL MOVEMENT IN A DAY.
- ✓ TAKE A SITZBATH THREE TIMES A DAY, AS LONG AS THEY ARE SOOTHING.
- ✓ IF A TOPICAL CREAM IS PRESCRIBED, APPLY TO THE AREA AFTER EACH SITZBATH.
- ✓ **A●R●D PADS*** OR MINIPADS CAN BE USED AS LONG AS THERE IS ANY DISCHARGE. PADS NEED NOT BE STERILE.
- ✓ RESUME YOUR USUAL ACTIVITIES AS SOON AS YOU FEEL ABLE. THIS WILL NOT INTERFERE WITH HEALING.
- ✓ PLEASE CALL THE OFFICE WHEN YOU GET HOME TO MAKE AN APPOINTMENT FOR APPROXIMATELY TWO WEEKS FROM THE DAY OF SURGERY.
- ✓ MOST PATIENTS WILL EXPERIENCE SOME MILD BLEEDING OR DISCHARGE AS THE WOUNDS HEAL. TROUBLESOME BLEEDING CAN USUALLY BE CONTROLLED WITH FIRM PRESSURE ON THE BLEEDING SITE.
- ✓ IF YOU HAVE ANY PROBLEMS OR QUESTIONS, PLEASE CALL THE OFFICE.

●THESE PRODUCTS ARE SOLD OVER THE COUNTER.