

DISCHARGE INSTRUCTIONS – Laparotomy / Colectomy

In General

- Take Paracetamol / Panadeine 2 Tabs 4-6 hourly or other prescribed analgesia if required.
- Do not drive, sign legal documents or make important decisions until after your post-operative review

Diet

- There are no dietary restrictions. Aim to eat nourishing, healthy foods.
- Smaller more frequent meals are recommended
- Avoid constipation by increasing your fluid and fibre intake
- If constipated ring the rooms on 9210 7277 for advice from the nurse regarding medicine which may help

Activity

- Slowly increase your activity levels once at home. Light housework and gardening may be undertaken during this time. Walking helps to get your bowel functioning and prevent blood clots and breathing problems
- Avoid lifting heavy objects greater than 15kg or engage in vigorous exercise for a period of 4 weeks
- Full recovery can take several months so rest regularly and expect some tiredness and weakness
- Return to work depends on the type of work you do and can be discussed at the post-operative appointment

Care of Wound

- If you have clear plastic dressings, leave in place until your review appointment. These are waterproof and you may shower as normal
- Only remove your dressings if they get wet or become smelly. Cover wound area with clean dressing if necessary
- Any sutures or staples will be removed at your follow-up appointment with your Surgeon
- Please call the nurse at the rooms on 9210 7277 if you are concerned at all about your wound
- If you have a drain tube in situ on discharge a visit from the Hospital in the Home Nurse will be arranged
- For patients requiring a stoma the stomal therapy nurse will be available for assistance and education

On-Going Care

- An appointment will be made for you prior to discharge from Hospital
- If not, please call our rooms on 9210 7277 to arrange your post-operative appointment
- Notify the rooms:
 - If you experience any problems with your wound, including abnormal redness, pain, smell or discharge
 - You develop a fever, or get hot/cold flushes
 - Your pain is not being relieved by the analgesia you are using
 - Vomiting or cessation of bowel movements