

Special Instructions

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

**DISCHARGE
INSTRUCTIONS
FOR
BOWEL
RESECTION**

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

1. Consume a diet high in protein to promote healing (if able to). If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Increase the fluid and fiber in your diet to help your bowels move.
3. Increase intake of fluid and fiber to avoid constipation. Laxatives may be used for constipation but please discuss with your surgeon first.
4. Restrict your activity and rest for the remainder of the day. Resume normal activity as tolerated and as directed on the days following your procedure.
5. **Do not lift anything heavier than 10 pounds (6 kg) for 6 weeks** or as otherwise directed by your physician.
6. Avoid having a bath until steri-strips or staples are removed. **You may shower.** When showering, avoid saturating the incision with water while steri-strips are in place. Pat the incision dry. Avoid using soaps, powders and lotions.
7. If you require dressing changes for your wound, please ask the staff about resources and assistance that may be available (e.g. Home Care, Ambulatory Day Clinic)
8. Resume medications as before your procedure unless otherwise advised. Take your prescribed pain medication as directed for discomfort.
9. Your physician will advise you when you may return to work.
10. If you have steri-strips along your incision, make arrangements to have them removed in one (1) week.

12. **If you have been given anesthesia or sedation;**
 - Do not drive or operate machinery for 24 hours.
 - Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
 - Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
 - Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
 - **You must have an adult with you tonight at home.**
13. Notify your doctor or come to Emergency if any of the following occur:
 - Persistent pain not relieved by prescribed pain medication.
 - Persistent vomiting not relieved by over the counter medications.
 - Unusual bleeding from your incision or rectum
 - Redness, swelling or drainage of pus from incision
 - Fever and/or chills (38°C or 100°F)
 - Bladder difficulties
 - Unusual cough or shortness of breath
 - Severe abdominal bloating or tenderness
 - Bowels have not moved for _____ days
14. Make an appointment to see Dr. _____

in _____ Phone number _____

If you have any questions, please do not hesitate to call your doctor

Special Instructions (see back)