

# **Georgia Colon & Rectal**

**SURGICAL ASSOCIATES**

Dr. \_\_\_\_\_

## **POST-OP INSTRUCTIONS FOR ABDOMINAL SURGERY**

These are just guidelines to help you with your recovery at home. Please follow these instructions unless your doctor tells you otherwise.

1. No driving for 2-4 weeks.
2. No strenuous activity or exercise for 2-4 weeks.
3. Resume regular diet (unless you have an ostomy, then you will be on a low residue diet).
4. You may shower immediately after your discharge and you may resume taking a tub bath one week later.
5. Wound care:
  - a. Leave incision open to air.
  - b. If any drainage, apply a light dressing.
6. You may resume routine medications as directed by your physician.

### **PLEASE NOTE:**

**PAIN MEDICATION CAN ONLY BE REFILLED  
DURING REGULAR BUSINESS HOURS,  
MONDAY TO FRIDAY, 8:00 A.M. TO 4:30 P.M.**