



Elizabeth Bonefas, M.D., F.A.C.S.
General Surgery and Diseases of the Breast

Colon Resection

Post-Operative Instructions

Elizabeth Bonefas, M.D., F.A.C.S. and Kelly L. Birt, M.D.

Diet: You will be discharged home on a low fat, bland diet. The most important thing is to eat four or five small meals a day. Do not over-eat at any one sitting. Avoid fried or greasy foods, carbonated beverages, and cream sauces. In 3 to 4 weeks, you can slowly get back your usual diet. Also, drink plenty of water, juice, or Gatorade for a few days.

Wound Care: You may change the gauze dressing at any time after surgery. You may shower at home, but do not scrub over the steri-strips. Remove the dressing before showering and leave it off if there is no drainage. Avoid bathing or swimming for two weeks. **Call the office if there are any signs of infection such as pain, redness, or persistent drainage.**

Activity: You should walk at least three times a day around your house. Stairs are not harmful. Avoid lifting anything heavier than a gallon of milk. Refrain from strenuous activity, exercise, or sexual intercourse until after your follow-up visit. Do not drive or operate heavy machinery for at least 7 to 10 days after surgery or until you are completely pain free, off narcotics and are not hindered in any way.

Medication: You will get a prescription for a mild narcotic painkiller such as Vicodin or Norco. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Beware of taking maximum doses of pain medication along with plain Tylenol, as many of these have acetaminophen in them.

Watch for the following signs or symptoms: Call the doctor on call if you have a fever greater than 101 degrees, severe pain, vomiting or persistent diarrhea. If you have any problems or questions, do not hesitate to call the office number. After hours, it will give you the answering service who will contact the on-call doctor. The on-call doctor will call you back shortly.

Follow-up: Call the office at **713-756-8555** to make a follow-up appointment in our office for 7 to 10 days after surgery.

Emergency: If you are having an extreme emergency, please go directly to the closest emergency room or call 911.

Thank you for allowing me the privilege of providing your surgical care.