



MR KAREEM MARWAN FRACS
GENERAL & COLORECTAL SURGEON

Post operative instructions: Abdominal Surgery

Some abdominal operations are considered major surgery, such as bowel resection. Different instructions may apply so please ask our office for the ones relevant to your procedure. The information on this sheet covers general instructions after most abdominal procedures. You will spend anywhere from 2 to 14 days after open abdominal surgery. For a Robotic or Laparoscopic procedure, 1 to 3 nights in hospital is the average. How soon you go home will depend on how well you are eating, how well your bowels are moving, and how well you are managing your pain. When you are stable in these areas and without other complications, you will be discharged.

After Discharge:

Bowel Function: May be delayed to return to normal and sometimes can be erratic depending on your procedure.

Diet: In general, you may return to a well-balanced diet upon discharge. Mr Marwan will let you know when/if to add extra fibre to your diet.

Medications: You will be discharged with a prescription for pain medications and any medicines you were taking before surgery. If you need additional medicines or a refill, you must call our office during normal business hours.

Incision: You should expect some discomfort in the area of your incision, particularly as you increase your activity. If you notice an area of increasing redness or new drainage, please call our office.

Dressings: are waterproof, so you can shower with them but do not soak or bathe. **These can be removed 7 days after surgery.**

Activity: Gradually increase your activity each day. There are generally no restrictions on walking, climbing stairs or riding in a car. Mr Marwan will advise you when to return to work. You should refrain from heavy lifting or strenuous activity for 6 weeks after surgery.

Follow-Up: Typically, you will be asked to schedule a follow-up office visit one to four weeks after surgery. If you have any questions related to follow-up, medication, or your condition, please call our office.

Causes For Concern

If any of the following occur, please call our office during business hours or page Mr Marwan if afterhours:

- Problems with the incision, including increasing pain, swelling, redness or drainage.
- Increasing abdominal pain.
- Nausea or vomiting.
- Fever or chills.



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- Constipation (no bowel movement for three days).
- Diarrhoea (more than three watery stools within 24 hours).

FAQs

Q: What medications will I need at home?

A: You will be given pain medication. You should resume your usual medications if directed to do so by your doctor.

Q: How soon can I drive?

A: You can usually drive one week to ten days after you leave the hospital.

Q: When can I go back to work?

A: You can usually go back to work three to four weeks after surgery. Ask Mr Marwan for your individual circumstances.

Q: What will I have to do at home?

A: You will be able to care for yourself, but you may need some assistance with cooking, housekeeping and grocery shopping.

Q: Do I need someone to stay with me at home?

A: It would be preferable to have someone stay with you.