



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

General Home Care Instructions

Diet

- Drink at least 64 oz of liquids daily.
- Warm liquids help stimulate bowel movements and alleviate abdominal pain.

Bowel Movements

- Monitor bowel movements.
- If no bowel movement in 24 hours, take Milk of Magnesia (2 tablespoons) followed by 16 oz of liquids. Continue to drink liquids until results. You may repeat the Milk of Magnesia if no results after 6 hours.
- **Do not take Milk of Magnesia if history of kidney disease/failure.**

Wound Care

- You may shower and gently cleanse incision. Do not scrub.
- Do not use any type of steroid or antibiotic ointment/cream to incision.
- It is very important to remain active after surgery. Do not cross your legs, sit for long periods of time, or take long car drives.
- Take short walks 6-8 times a day and take naps.

Activity/ Work

- You may have restrictions on lifting, please discuss with your doctor or staff.
- You may have restrictions on driving, please discuss with your doctor or staff. It is important to not be taking narcotic pain medications if you plan on driving.
- Depending on the type of work that you do and your general health, you may return to work _____ after surgery. Any concerns, discuss them with your doctor or staff.

Medications

- It is ok to use over the counter Tylenol or Advil for pain control.
- If using narcotics such as Vicodin, then it is important to take a stool softener.
- If you have a history of hard stools, straining, or constipation you may be directed to use Miralax or a stool softener twice daily.

Follow Up

- Generally you will have a follow-up appointment 1 to 2 weeks after surgery.

(over)

Reasons to call your doctor

- Any concerns regarding bowel movements.
- Increasing pain, redness drainage, or swelling of the incision.
- Increasing abdominal pain, nausea, or vomiting.
- Any difficulty urinating.
- Fever greater than 101 degrees Fahrenheit.
- Physicians are available 24 hours a day, seven days a week for any concerns.

Please call our office with any questions: (920) 494-9685