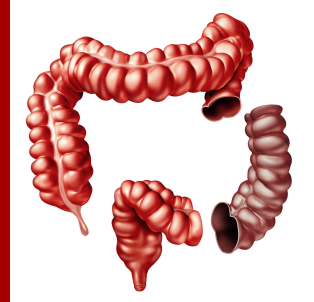




**ROCHESTER  
GENERAL  
SURGERY**



## What are common abdominal surgeries?

You may have had surgery in the hospital for multiple reasons. Surgery for appendicitis, diverticulitis, ulcer disease and bowel obstruction are a few common procedures performed by general surgeons.

## What can be expected after surgery?

You will either have a few small incisions or a large abdominal incision with staples. You will need a follow-up appointment two weeks after your surgery and staples will likely be removed at that time. You may shower and wash over the incisions, but do not submerge your abdomen underwater for two weeks.

## How is my pain controlled?

You should expect some degree of pain. Always start with non-narcotic medication first such as NSAIDs (Ibuprofen, Motrin, Aleve), Acetaminophen (Tylenol) or even a muscle relaxer. You can apply ice to the incisions in the early post-op period or heat later on to alleviate pain and spasms. Narcotic pain medication may be prescribed. Take these only as needed as these can cause unwanted side effects such as nausea or constipation.

## What kind of activity can I do?

You can do light activity and light lifting (less than 10lbs) for the first two weeks. Depending on the surgery and incision you may have activity restrictions for up to 6 weeks. Heavy lifting in the postop period should be avoided. You should get up and walk around as much as possible. Walking helps alleviate some pain, improves your breathing, prevents blood clots in the legs, and improves bowel function.

## What can I eat?

Start by drinking plenty of water and fluids. Eat smaller meals. You may be placed on a soft diet. Avoid foods that are hard, crunchy, high in fiber and difficult to digest.

## Bowel movements?

Depending on the surgery you may have changes in your bowel movements after surgery. You may have loose stools or diarrhea depending on the surgery. If you are taking narcotic pain medication

you may also become constipated and require a stool softener or laxative to go.