



WEST COAST SURGICAL SPECIALISTS, INC.

Colon Resection Discharge Instructions

PAIN MEDICATION

1. You will be given a prescription for pain medication.
 - a. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like Extra Strength Tylenol.
3. If you experience nausea and vomiting not associated with the pain medication: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

DRIVING

1. Do not drive until recommended.
2. Do not drive while taking the prescription pain medication.

DRESSINGS

1. You can shower after discharge. Pat dry the incisional area.

ACTIVITY

1. No vigorous activity, heavy lifting or straining for 4 weeks post op. You may walk outside or upstairs.

DIET

1. Maintain a low fiber (low residue) diet until your follow up appointment with the doctor.

CALL THE DOCTOR IF YOU EXPERIENCE:

1. Unusual discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call **(951) 894-5167** to schedule a follow-up appointment within 1 – 2 weeks following your discharge.