

DOCTOR PROTOCOL: Major Bowel Surgery - Patient Information
DR STUART PINCOTT

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DISCHARGE INSTRUCTIONS - MAJOR BOWEL SURGERY
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Diet:

- There is rarely any special dietary requirement, and common sense judgment will suffice
- Any particular restrictions will be mentioned specifically before you leave hospital

Laxatives:

- Should not be necessary
- If constipated use Sorbilax 10-20ml (1-2 times a day), if required

Exercise:

- You should be as active and mobile as possible, within the limits of your comfort. Walking should be increased daily

Sexual activity:

- Relationships may resume at 1- 2 weeks, but in certain specific operations this should be delayed longer
- Please do not hesitate to discuss this matter

Abdominal wound:

- Leave dressing in place
- You may require removal of staples (in Dr Rooms) 1-2 weeks after surgery
- You should not be concerned if the wound feels "lumpy" as this is the normal reaction to healing, and takes some weeks to resolve. Ring the rooms if you are worried

Problems:

- If there is something causing you concern which appears to be related to your operation, please ring the rooms to discuss it with your doctor

Appointment:

- Please make an appointment to see doctor in 4 weeks' time