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## ***Obstetrics and Gynecology***

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## **Post-Operative Instructions Following Abdominal Surgery**

### **Activities:**

- Avoid things which will cause you to stress or strain against your incision for a period of at least six weeks following your operation.
- Walking is permitted and encouraged. Don't push yourself to do too much too soon. Gradually build up both the length of time and the distance that you walk.
- Climbing stairs is permitted if done slowly and carefully.
- Lifting more than ten pounds should be avoided for the first 6 weeks.
- Showers are permitted anytime following discharge from the hospital.
- Driving may be resumed two weeks following discharge from the hospital providing you are no longer taking narcotic pain medication.
- Sex may be resumed six weeks following surgery if approved by the doctor.

### **Wound Care:**

- Staples or Stitches – call the office for removal, usually done one week following surgery.
- Steri-strips usually begin to curl up on the edges approximately 2 weeks after application. You may remove them when they curl.
- Cleaning – The wound may be cleansed by showering. You may notice a scant, clear discharge which is not a concern.

### **Diet:**

A normal, healthy, balance diet with an adequate amount of fiber is recommended.

### **Medications:**

Pain medication will be prescribed for you before leaving the hospital. We recommend Extra Strength Tylenol or Advil for mild to moderate pain.

### **CALL THE OFFICE:**

Please call the office if you have any questions or concerns. You should already have a post-op appointment for 1-2 weeks after discharge. Call immediately if you have persistent nausea/vomiting, fever greater than 101, increased abdominal pain, increased pain, bulging or redness around the incision, or a new onset of pus or blood draining out of the wound.