

BOWEL SURGERY

MR CICHOWITZ

It is recommended that you observe the following instructions:

1. Activity Restrictions – exercise should be increased as tolerated. Avoid heavy lifting (>10kg) or straining for at least a month.
2. A light dressing may be applied to your suture line for protection.
3. Diet – A normal diet should be taken, but in smaller volumes. Avoid bulky high fibre foods in excess for the first two weeks.
4. 4. Bowel habits – Bowel actions may be loose initially. Colostomy care should be as directed by your stomal therapist (where applicable).
5. You may experience some pain – if no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen.
6. Please report any of the following to Mr Cichowitz
 - Temperature above 38°
 - Excessive pain
 - Redness near your suture line
 - Bleeding from the bowel
7. A review appointment will be arranged for you to see Mr Cichowitz
8. Continue to wear your TED stockings until you are fully mobile.
9. Special instructions from your Surgeon.

Should you have any other concerns, Mr Cichowitz can be contacted on 5721 4366 or ring Wangaratta Private Hospital on 5723 0950