

GET UP, GET MOVING, GET BETTER.



DISCHARGE INSTRUCTIONS

You will receive complete instructions about how to care for yourself when you get home.

After your surgery, it's important to:

- brush and floss your teeth often
- use your incentive spirometer
- eat solid food and drink lots of liquids unless instructed otherwise by your doctor
- exercise as directed
- sit in a chair for meals
- control your pain as needed
- call with any questions
- keep all follow-up appointments

WHAT IS ENHANCED RECOVERY?



Enhanced Recovery helps you prepare before, during, and after your surgery to:

- heal more quickly
- eat and move sooner
- control pain

CONTACT FOR QUESTIONS:

During regular office hours, contact your personal surgeon.

After Hours Advice Nurse:

Oahu **808-432-7700**
Neighbor Islands **1-800-467-3011**

1083 7260 6/2021



IF YOU THINK YOU MAY BE EXPERIENCING A MEDICAL EMERGENCY, PLEASE CALL 911.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please contact your doctor.

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RECOVERING AFTER COLON SURGERY

GET UP, GET MOVING,
GET BETTER.



MY CALENDAR: RECOVER SAFELY AND QUICKLY



Follow these steps before and after your colon surgery to help speed your recovery.

	Night before surgery	Morning of surgery	4 - 6 hours after surgery	First day after surgery	Second day after surgery – Discharge	After discharge
Pain Control	Continue, if prescribed by doctor	Continue, if prescribed by doctor	<ul style="list-style-type: none"> • IV medications • Pain medication by mouth 	Pain medication by mouth	Pain medication by mouth	<ul style="list-style-type: none"> • Pain medication by mouth • Follow discharge instructions
Oral Care	Brush and floss teeth	Brush and floss teeth	Brush and floss teeth	Brush and floss teeth	Brush and floss teeth	Brush and floss teeth
Skin Care	<ul style="list-style-type: none"> • Shower • Do not shave 	Do not shave	Follow wound care instructions	Follow wound care instructions	Follow wound care instructions	Follow wound care instructions
Diet	No solid food as directed by your surgeon	Clear fluids, including carbohydrate drinks, until 2 hours before surgery	<ul style="list-style-type: none"> • Eat soft, easy to digest foods • Drink liquids • Chew gum to help digestion 	<ul style="list-style-type: none"> • Eat soft, easy to digest foods • Drink liquids • Chew gum to help digestion 	<ul style="list-style-type: none"> • Eat solid foods as tolerated • Drink liquids 	<ul style="list-style-type: none"> • Eat solid foods • Drink liquids
Activity & Exercise	<ul style="list-style-type: none"> • Walk • Don't smoke 	<ul style="list-style-type: none"> • Your usual routine • Don't smoke 	<ul style="list-style-type: none"> • Raise head of bed 30 degrees • Eat meals in a chair • Walk in hallway several times per day • Don't smoke 	<ul style="list-style-type: none"> • Eat meals in chair • Walk in hallway several times per day • Don't smoke 	<ul style="list-style-type: none"> • Walk in hallway several times per day • Be out of bed for at least 6 hours • Discharge to home • Don't smoke 	<ul style="list-style-type: none"> • Exercise based on discharge instructions • Don't smoke
Incentive Spirometer	–	–	10 times per hour when awake	10 times per hour when awake	10 times per hour when awake	10 times per hour when awake for first 10 days at home
Treatments	Bowel prep, if prescribed by doctor	Bowel prep, if prescribed by doctor	Check wound dressing	Urinary catheter removed	Instructions in discharge information	Follow discharge instructions