

COLON SURGERY POST-OP INSTRUCTIONS

- You will be in the hospital approximately 3-5 days.
- You will be on a low residue diet when discharged from the hospital.
- You will be out of work 4-6 weeks.
- Once you are discharged from the hospital, gradually increase your activity. Walking is a good exercise to begin with.
- You may go up and down stairs.
- No tub bath until 2-3 weeks after surgery.
- If you have not had a bowel movement in 2 days, you may take an oral laxative. **No enemas or suppositories.** If this does not help, call our office for other instructions.
- You may keep a light dressing over your incisions until the staples come out or leave it open to air if there is no drainage.