

Your Post Operative Plan of Care

- Many patients will begin clear liquids the day of surgery. **BRING A PACK OF CHEWING GUM WITH YOU.** Chewing gum helps to wake up your intestines. You can start this as soon as you're fully awake. Your diet will be advanced daily as tolerated.
- You will receive help getting out of bed the day of surgery. Early mobility helps to prevent complications like pneumonia, blood clots and constipation. Your activity level will increase daily.



- We will use several methods to manage your postoperative pain. Chronic pain medications will be continued. Our goal is to minimize the use of opioid (narcotic) pain medication which can slow down your bowel. You will likely feel some discomfort but we strive to make pain tolerable for you. Speak up if the pain management plan is not controlling your pain.



- Most patients will be ready for discharge 2-3 days after surgery. Your surgeon and nurse will educate you on care at home. Post operative instructions are given to help complete your recovery. Please ask any questions to clarify what we're asking of you and why.