

### **Pre-Operative Instructions:**

- In the weeks leading up to your resection it is important to prepare yourself for the operation. Eating a healthy well balanced diet rich in protein is beneficial for most patients. Being active and exercising in the period leading up to your procedure can often help with your recovery afterwards. This specific diet and exercise regime for you leading up to the procedure will be individualised.
- If you are on blood thinners (Warfain, Asprin, Cartia, Plavix, Pradaxa, Xarelto, Clexane) or any other medication that affect your blood clotting ability, this may need modification. Please ensure you have discussed this with Dr Urquhart prior to your procedure.
- In addition, any medications for diabetes or blood sugar control may need modification. Ensure you discuss this with Dr Urquhart at your initial consultation.
- If applicable, you will receive a bowel preparation document alongside your surgery confirmation letter.

### **Post-Operative Stay:**

- Bowel resection requires a post-operative stay, and thus following surgery, you will be admitted to the ward for 4-7 days.
- Dr Urquhart and his team will see you every day during your stay to monitor your progress.
- Most patients will commence oral fluids the day after surgery. You may experience nausea and have a reduced appetite which is common after bowel surgery and is helped with anti-nausea medication and intravenous fluids.
- Occasionally, you will need to fast after surgery or help with a nasogastric tube to take the pressure off your stomach.
- Most of the time, the key to recovering after bowel surgery is to get moving from the first day. Sitting out of bed in a chair, going for a walk with the support of our staff will all help dramatically with your recovery.
- From the initial post-operative day, we will involve our allied health team (ranging from nurses, physiotherapists, dieticians, occupational therapists, and wound care teams) to help with your care.
- To help prevent developing DVTs, most patients should wear hospital provided calf compressor stockings while in hospital. An injection of Clexane or Heparin is usually prescribed to help prevent forming clots.
- For pain relief we will involve our pain team and anaesthetic specialists to best ensure any pain is best managed. We often utilise a combination of local anaesthetic, intravenous pain relief and tablets/oral pain relief over the course of your admission.

## **The Recovery Period at Home:**

- You will be discharged from the hospital with further instructions on how to care for your wound and given prescriptions for medication to take. Please ensure you note down and follow those instructions.
- Depending on the type of bowel resection procedure, you may need up to 4 weeks off work, or more if your job involves lifting heavy objects. This will be specified to you on discharge, but you will likely need at least 2 weeks off. Full recovery is approximately 3 months without complications.
- You should avoid strenuous activity and heavy lifting for at least 2 weeks. You may gradually increase the weight you can lift weekly, with 1kg the first week, 2 kg the second week and so on.
- It is often recommended to eat a low-fibre diet for several weeks following surgery. You will receive a document with further instruction on this. You should increase your fluid intake to avoid dehydration.
- Wash the area daily with warm, soapy water and pat dry. Don't use hydrogen peroxide or alcohol as this can slow healing. You should cover the area with a gauze bandage if it weeps or rubs against clothing and ensure you change the bandage every day.

**Please phone the clinic on 1300 008 883 if you have any questions or concerns.**