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after abdominal surgery (such as an appendectomy or surgery involving the intestines). Here's a simple version:

After surgery

- **Food:** Start with **small portions and bland foods**. Your bowel movements may be different in consistency or frequency for a few weeks.
- **Incision:** You can remove the outer dressings at home, but **leave the Steri-Strips (small white tapes) in place**. You can shower over the wound.
- **Activity:** Walk and use stairs as tolerated. You may do aerobic activity as tolerated, but **do not lift more than 25 lb or do sit-ups until your surgeon clears you**.
- **Medications:** Resume your usual medications unless your doctor says otherwise.
- **Pain medicine:** Eat something before taking pain medication to reduce nausea/vomiting. When you no longer need the prescription pain medicine, switch to **Advil or Tylenol** if appropriate for you.
- **Antibiotics:** If you were prescribed antibiotics, **finish the entire course**.
- **Alcohol:** **Do not drink alcohol while taking pain medication or antibiotics**.
- **Follow-up:** Make an appointment for approximately **2- 3 weeks after surgery**.

Call the surgeon right away if you have:

- Temperature **over 101.5°F**
- Increasing abdominal pain or swelling/distention
- Redness around the incision or drainage
- Leg swelling
- Chest pain
- Shortness of breath

If you can't reach the surgeon, **go to the nearest emergency room**.