


FITZPATRICK HOUSE
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BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER AN APR/ABDOMINAL-PERINEAL RESECTION

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

You should have been advised in the ward of specific post-operative instructions and the district nursing service may have been organized for you if required. In general, keep the dressings clean dry and intact until review but they may need to be changed each day or every few days if bloodstained or damp. A damp, wet or blood-stained dressing will cause a wound infection. Do not wet the dressing, keep the wound clean and dry. Contrary to popular belief waterproof dressings are not really waterproof and if you shower the dressing will need to be changed. You can undertake general daily hygiene measures using a flannel. If the wound discharges blood or pus or if redness develops around the wound you will need to be seen sooner than planned and further remedial measures undertaken along with antibiotics. As an immediate measure you can wipe the wound using a wad of clean Kleenex tissues or toilet paper.

Your bowel habit and motion from the stoma may be erratic. This should change and regularize within about a month. You should expect 1-4 motions a day. If you develop severe cramping abdominal pain or a fever you will need to be seen sooner than your appointment. You will initially have regular contact with a stoma nurse who will be able to give specific advice to help you manage any idiosyncrasies with stoma care.

Take any new medications you may have started on whilst in the hospital and take Panadol or Panadeine, 2 tablets 4 hourly as required. The need for pain relief should taper off.

No driving a car, swimming, immersion in baths or strenuous activity such as gym and long walks until you are told you can.

As far as diet is concerned eat lightly three times a day with snacks between. Eat chicken, fish and beef in small quantities at least once daily or if you are vegetarian specific dietary advice should have been given before leaving the hospital. Orange juice is fine, but avoid a meal of oranges because of the high indigestible fibre content in the pith. A multi-vitamin such as Vitamin C also may be useful.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**