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BAIRNSDALE VIC 3875  
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### **INSTRUCTIONS AFTER REVERSAL OF A HARTMANN'S PROCEDURE (OR RESTORATION OF CONTINUITY)**

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. In general, keep 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 = 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 carefully using a wad of Kleenex tissues.

Your bowel habit will be erratic and different to that prior to your operation. This should change and regularize within about a month. You should expect 1-4 motions a day. You may have urgency and soiling can happen. As distressing as this is it should settle within a short time. If you develop severe cramping abdominal pain or a fever you will need to be seen sooner than your appointment.

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 fairly quickly.

No driving a car, swimming, immersion in baths or strenuous activity such as gym and long walks for about 2 weeks 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**