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MGM

NEW BOMBAY HOSPITAL, VASHI



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TAKE HOME INSTRUCTIONS - POST OPEN ABDOMINAL SURGERIES

GENERAL SYMPTOMS AFTER ABDOMINAL SURGERIES :

- Mild abdominal discomfort or heaviness which may go off after taking pain killers and PPI .
- You will likely be passing flatus but still may not feel a proper bowel movement .
- You may have irregularities in your usual bowel movement habits .

WOUND CARE :

- All wounds must be kept dry while sponging/bathing[if advised] .
- Do not scratch or touch the wound with wet or unclean hands .
- Do not let your clothes rub over the incision.
- Keep your surroundings clean and hygienic.
- Practice the habit of hand hygiene with soap and water or using hand sanitizer, specially while touching the wound surroundings.
- Wear clean , soft cotton undergarments and clothes .
- If you have excessive swelling, redness , soakage from wound site or severe pain around the incision , you must contact the hospital .
- Do not get dressings done in other clinics so that there is a regularity in follow-ups with your same doctor & hospital .
- Always support the incision with hand while coughing , laughing, getting up from lying down position .

BOWEL FUNCTION :-

- Bowel function may be erratic for days together .
- Your bowel function may take several months to return to absolutely normal pattern .
- If you have symptoms of mild abdominal cramps , bloating , nausea , vomiting or absence of passing flatus or stool , you may restrict your diet to