

**MGM****NEW BOMBAY HOSPITAL, VASHI**

liquids only , and if symptoms persist for more than a day or become severe avoid taking any medication on your own and call/see your doctor/hospital

PAIN :

- Analgesics [pain killers] must be taken only as prescribed.
- Any sort of unusual pain or pain not settling with prescribed medication should be informed to the treating doctor or hospital emergency department.
- Many times try practicing mind diverting activities like listening music , watching movies or reading books to relieve pain .

ACTIVITY & EXERCISE :

- Walking is good and climbing few stairs is also OK .
- Avoid activity which causes pain or strains the stitch line .
- One can wear belt after open abdominal surgeries if advised by the treating doctor but ensure to remove the belt while sleeping , eating or lying down .
- Avoid exercise or lifting weight until advised by your doctor .
- Driving should also be avoided unless your doctor says to start driving .
- Do not join work /office unless clearance for same given by the doctor .

DIET :

- A soft diet should be taken for at least two weeks or as advised by your doctor .
- Avoid spicy food and tough meats.
- Have small frequent meals.
- As far as possible eat home cooked fresh food , leafy vegetables and fruits .
- Drinking of at least 8 glasses of water is good .
- Laxatives should be taken if prescribed .