

**GULF COAST SURGICAL GROUP
JARED FRATTINI, M.D., FACS**

**Diplomate American Board of General Surgery
Diplomate American Board of Colon and Rectal Surgery**

POST-COLONOSCOPY INSTRUCTIONS

1. Resume your regular diet, unless otherwise instructed by your doctor, but avoid excessive eating or drinking for 24 hours.
2. Do not be alarmed by having to pass excessive gas per rectum for 12 to 24 hours following your colonoscopy. This is merely releasing the air put into the colon during the colonoscopy procedure.
3. If you have abdominal pain (other than mild discomfort and bloating), or if you experience any significant rectal bleeding (other than just spotting of blood from the anus), call the doctor's office.
4. Do not drive a car, or operate any machinery or tools, until the day following your colonoscopy. (The medication you received during the colonoscopy is a potent sedative or strong relaxant).
5. The medication you received will make you forgetful about events during and just after your colonoscopy. If you have unanswered questions, please contact the doctor's office.
6. Please be certain to follow any other specific instructions given to you by your doctor

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POST EXCISION OF HEMORRHOIDS INSTRUCTIONS

1. Pressure and dull ache in the rectum and a feeling of impending bowel movement may occur (May even last up to 24 to 48 hours).
2. Sitz baths should be taken at least four times a day (warm water only, no additives). Take Perdiem, Metamucil, Konsyl, etc., 2 Tsp. once a day
3. A **small** amount of staining or blood on pad or with bowel movement is normal up to 2 weeks
4. Resume a regular high fiber diet
5. Avoid taking Aspirin for pain. Extra strength Tylenol is safe to take but if you have more pain, take the pain medication prescribed by your doctor (this may cause constipation)
6. Take Miralax and/or Milk of Magnesia to ensure bowel movement (laxative)
7. Difficulty in voiding urine should be brought our attention immediately
8. Please be certain to follow any other specific instructions given to you by your doctor

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HERNIA POST-OPERATIVE INSTRUCTIONS

1. Liquids for 24 hours then resume regular diet
2. Increase activity daily, consistent with comfort.
3. Do not drive until instructed by the doctor
4. Strenuous activity or lifting anything over **15 lbs.** should be avoided for up to four weeks.
- 5.
6. Swelling and bruising in the region of the operation, and sometimes in the scrotum and genitals, can be expected.
7. Black and blue marks at site is also common.
8. Outer dressings may be removed in 48 hours. Showering is allowed 48 hrs after surgery. No swimming or bathing for 2 weeks
9. Bulk stool softeners will help (e.g. Perdiem, Metamucil, Konsyl, etc.) If constipation becomes a problem, you may use Milk of Magnesia or Miralax.
10. Please call the office for a post-operative appointment for two weeks from the surgery date.

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LAPAROSCOPIC SURGERY INSTRUCTIONS

ACTIVITY: You will need to rest for the remainder of the surgery day

- **DO NOT** drive or operate machinery for 24 hours after anesthesia
- **DO NOT** sign legal documents for 24 hours after your surgery
- You can resume normal activities within 24 – 48 hours..

DIET: Liquids x 24 hours then resume regular diet.

BOWELS: If no bowel movement in 48 hrs then use Milk of Magnesia and/or Miralax

TEMPERATURE: An elevated temperature above 101.5 associated with chills should be reported **TO YOUR DOCTOR.**

BATHING: No tub, pool, hot tub, etc. for two weeks.

INCISION: If you have an incision, report any signs of infection around the incision. Ex: redness, swelling, drainage. Report to the Doctor's office for removal of stitches/staples.

PAIN: You will be given a prescription for pain medication following your surgery. Please take the medication as prescribed. If you are still experiencing discomfort you may take Ibuprofen or contact your surgeon. **You may have some abdominal or shoulder pain. This is from the carbon dioxide gas used during the surgery to inflate your abdomen so your doctor can see through the scopes. Walking, changing positions, and using a heating pad will help decrease the pain.**

URINATION: If you do not pass urine within 6-8 hours after your surgery please contact your doctor.

NEXT APPT: The doctor will need to see you 1–2 weeks after this procedure is done.

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POST-RUBBER BAND LIGATION OF HEMORRHOIDS INSTRUCTIONS

1. Pressure and dull ache in the rectum and a feeling of impending bowel movement may occur (May even last up to 24 to 48 hours).
2. Sitz baths should be taken at least twice a day (warm water only, no additives). Take Perdiem, Metamucil, Konsyl, etc., 2 Tsp. once a day.
3. When hemorrhoids and rubber bands fall off, there may be some bleeding or spotting. If bleeding is excessive, please contact my office.
4. It is not unusual that more bands may have to be done before getting complete relief. Repeat banding is not usually done until one month after previous sitting..
5. Avoid taking Aspirin or Ibuprofen for pain. Extra strength Tylenol is safe to take but if you have more pain, contact me for a prescription.
6. Difficulty in voiding urine should be brought to my attention immediately
7. Please be certain to follow any other specific instructions given to you by your doctor

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