

 **R Sim Surgery Pte Ltd**
Discharge advice after major Colorectal Surgery

Patient ID: _____

Diagnosis: _____

Surgeon I/C: _____

Operation: _____

BACK TO LIVING A NORMAL LIFE

- Try walking exercise daily, as you are able to. Have adequate rest and sleep.
- Eat as normal but drink more fluids if you have a stoma.
- Unless instructed otherwise, you may shower if you wish and with any dressings on or off. After drying yourself, replace any dressings with clean, dry ones.
- You may resume sexual activity when you feel up to it.
- You may return to work when you feel up to it, depending on your general health and strength. Avoid lifting more than 5 - 10kg until complete healing of the abdominal muscles, which may take 6 weeks to 3 months.
- Discuss with your surgeon if you want to drive or exercise.

MEDICATIONS

Your previous medications have not been changed

Please note the following new medications:

Please note the following changes in your previous medications:

Change in dose

To be omitted

CONTACT US AT OUR OFFICE Tel: _____ IF YOU:

- Develop fever higher than 38⁰C
- Notice the operation site becomes red, swollen and painful or there is discharge from it
- Develop stomach cramps, swelling or vomiting
- Do not open your bowel for 3 days, have diarrhoea or excessive stoma output, or notice blood in the stool
- Develop any unusual signs or symptoms
- Have any questions

FOLLOW UP APPOINTMENTS

Surgeon	Date:	Location:
GP/OPD		
for removal of sutures	Date:	Location:
for medications	Date:	Location:
Medical Oncologist	Date:	Location:
Radiation Oncologist	Date:	Location:
Physician	Date:	Location:
Stoma nurse	Date:	Location:
Others	Date:	Location:

We wish you a speedy recovery