Do you want to know?

Abdominal Surgery

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What is it?

Abdominal surgeries are usually performed for patients with appendicitis (inflammation of the appendix), abdominal tumors, gastrointestinal bleeding, bowel (intestinal) obstruction, fistula (abnormal connection between intestines), abscess, perforation, abdominal trauma, and inflammatory bowel (intestinal) diseases with no response to medical treatment.

What do you need to know?

Post Abdominal Surgery

Drugs
Take medications as prescribed by your physician.

Diet

- Start oral fluids and food as tolerated.
- Avoid fluids with meals if requested.
- Avoid stress during and immediately after meals.
- Eat small frequent meals if indicated.
- Eat slowly and chew your food well.

Activity

- Resume normal activities within 2 to 4 weeks post surgery.
- Avoid heavy lifting and strenuous activities 4 to 6 weeks post surgery.

Therapeutic Measures

- Keep the wound clean, dry and intact.
- Change dressing as ordered by your physician.
- Do breathing and coughing exercises to enhance excretion of respiratory secretions.

Considerations

- Monitor the incision site for any sign of infection such as tenderness (pain) swelling, redness, drainage from the wound site, and high temperature.
- Dumping syndrome sometimes happens after stomach surgery. It is a rare disorder in which the stomach's content are delivered too quickly to the small intestine.
- Signs of dumping syndrome include weakness, faintness, palpitations, sweating, nausea and diarrhea.
- Report signs of complications: persistent vomiting after meals, feeling of abdominal fullness or weakness, bloody vomiting, bloody stools and president diarrhea.
- Monitor your temperature twice daily for one week.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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