



GINA S. NELSON, M.D.
210 Sunny View Lane, Suite 104
Kalispell, MT 59901
(406) 755-6550
drginanelson.com



Abdominal Procedure Information

What to expect, precautions and instructions

Abdominal surgery can be done for many purposes, including exploration or surgery on the pelvic or abdominal organs.

Before planned surgery you will have a pre-op appointment where you will be told about the case, including risks and benefits, sign consents and review orders. Make sure to comply with the orders such as refraining from eating or drinking if necessary.

What to expect after:

1. You will have a large incision either side to side or up and down.
2. Closure is usually done with stitches and a glue finish which will dissolve.
3. There may be some bruising and soreness.
4. You may feel some shoulder pressure for about 4 days due to the resolving CO₂ gas under your diaphragm.

What to do during recovery:

1. Your best recovery will occur when you rest at for a few days, alternating short periods of rest and activity.
2. Keep your stool soft.
3. Keep a pain control foundation of acetaminophen (Tylenol) and/or ibuprofen.
4. Use narcotics sparingly as needed.
5. You may shower but not soak until the incision is a bit healed.
6. You will be examined at your post op appointment to see if it is ok to advance.
7. You can eat any healthy food you desire. Hydrate well.
8. Eat foods like fruit and greens to keep stool soft. Use stool softeners if needed.
9. You can expect vaginal spotting to occur for a few days after your procedure.
10. Do **not** have intercourse until we confirm that healing is normal at your post op visit.

Precautions:

Please call the office if you have a fever, chills, nausea, vomiting, diarrhea, uncontrolled pain, heavy bleeding, incision separation discharge or spreading redness or any problems.

