

**COLON-RECTAL SURGERY ASSOCIATES, P.C.**  
1255 S. Cedar Crest Blvd., Suite 3900 - Allentown, PA 18103  
Phone: (610) 402-1095 Fax: (610) 435-5003  
[www.crsagroup.com](http://www.crsagroup.com)

Linda L. Lapos, M.D.    John S. Park, M.D.  
Mikhail I. Rakhmanine, M.D.    Robert J. Sinnott, D.O.

## **POST-OPERATIVE INSTRUCTIONS FOLLOWING ABDOMINAL SURGERY**

- \* You may go up and down stairs as tolerated.
- \* Walking around the house or outside if weather permissible.
- \* Light housework in 6 weeks.
- \* No heavy lifting for 3 months.
- \* You may drive a car in 3 weeks from surgery. Please use caution if taking prescription pain medication.
- \* You may resume your normal medications.
- \* We will discuss when you can **return to work, sports and exercise** at your first post-operative visit.

## **INCISIONAL CARE**

You may bathe or shower and gently wash the incision with soap and water. It is common to feel a sharp sticking or pulling sensation in the area of the incision. These are normal healing sensations. If you develop fever, redness, or swelling around the incision, please call the office. Nausea or vomiting should be reported to the office.

If you have any questions or concerns, please call the office at **610-402-1095**.

**Your post-operative appointment has been scheduled for :**

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