

Howard K. Berg MD
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Postoperative Instructions following Abdominal Surgery

1. Diet as desired; eat small, frequent meals 5-6 times daily. No raw vegetables or fruits for 2 weeks. You may eat cooked vegetables and fruits. Limit dairy products with the exception of yogurt.
 2. No driving, no lifting over 5 lbs.- for three weeks. No strenuous exercise-4weeks
 3. You will most likely have a lack of energy the first week or two post operatively and sleep frequently. This is normal after major surgery.
 4. You may use the stairs as tolerated.
 5. You may shower, gently pat the wounds dry. No tub baths.
 6. Resume all of your usual medicines as they were prescribed by your primary care provider unless instructed otherwise.
 7. It is important to get up and walk on a daily basis.
 8. Take your pain medicine as prescribed.
 9. You may take Regular or Extra Strength Tylenol (acetaminophen) 2 pills every 6 hours, for pain in place of your prescription medicine.
 10. Naprosyn (Aleve) one pill every 12 hours in addition to the above.
 11. Follow up appointment with Dr. Berg for 2 weeks. Please call the office at (410) 356-6664 to schedule your appointment.
 12. Florastor, 1 pill twice per day for 3 weeks. Dan Active Yogurt 2 bottles per day for 3 weeks.
- ***Call the office if you have a fever over 101, nausea or vomiting, abdominal pain, red or draining wounds, or any concerns about your postoperative recovery.***
 - **A physician is available 24 hours a day for emergency calls.**
 - **Please call during regular office hours for routine questions and prescription refills.**

Disclaimer: The above are generalized instructions for the “average” patient. Any instructions given by surgeon on discharge specifically to you supersede those enumerated above.