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**Recovery  
Instructions**

**PREVENTING POST SURGICAL CONSTIPATION**

Preventing or alleviating constipation usually requires that the patient do the following:

- Increase fluid intake, dietary fiber and activity level.
- Establish and maintain regular bowel habits.

Below is a protocol to prevent and manage constipation caused from pain medication:

1. Prevention–  
Take 2 Senokot and 2 Colace tablets each night at bedtime. This should produce a bowel movement the following morning.  
*(If no bowel movement in 2 or 3 days, follow instructions from item 2.)*
2. Take 2 Senokot and 2 Colace tablets in the morning and also at bedtime. If you usually have a bowel movement daily, you can add Milk of Magnesia 30mL at bedtime.  
*(If no bowel movement in 2 or 3 days, follow instructions from item 3.)*
3. Take 3 Senokot and 3 Colace tablets in the morning and also at bedtime.  
*(If no bowel movement in 2 or 3 days, follow instructions from item 4.)*
4. Take 4 Senokot and 4 Colace tablets in the morning, at midday and also at bedtime.

If you have not had a bowel movement after 4 total days on this protocol, call the office at (615) 921-2100 and speak to a nurse.

**For Medical Questions, Please Call:**

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.