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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 8:00 a.m. to 4:00 p.m and Friday 8:00 a.m. to 12:00 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.