



Laparoscopic surgery

Laparoscopic colon resection is a minimally invasive surgical option for the treatment of common small and large bowel conditions including diverticular disease, colon cancer, inflammatory bowel disease and rectal prolapse. The results of treatment with laparoscopic surgery are the same as traditional open surgery but recovery times are generally shorter, there is less pain, and there is a faster return of bowel function.

The day before surgery, patients will typically receive a complete bowel preparation and clear liquids. Antibiotics will be administered in the perioperative period.

The procedure involves three to four small incisions around the abdomen and a slightly larger incision for specimen extraction around the umbilicus. The procedures generally last one to three hours depending on the type of resection.

After surgery patients spend a short time in the post-anesthesia recovery area and then will be moved to a surgical floor. The patient can expect to have intravenous fluids and a patient controlled analgesia. Although clear liquids will not start until the first post-operative day ice chips are acceptable after surgery. It is important to get out of bed and into a chair after surgery. Short walks around the room are also encouraged.

On hospital day two the patient will be encourage to take clear liquids and increase activity. As long as no nausea or vomiting occurs on hospital day two the patient will be advanced to a low-residue diet. If the patient continues to progress well they can be discharged on hospital day four. There is no need to have a bowel movement before discharge.

During the first bowel movement there may be a small amount of blood in the stool, which is normal. Large amounts of bleeding are not normal and you should contact your healthcare provider immediately.

Discharge instructions:

- No heavy lifting over 15 pounds for six weeks
- No driving until follow-up appointment
- OK to shower no baths, hot tubs, or swimming
- Short walks are encourage
- No working until approved by your surgeon
- Regular diet

The above information is not intended to replace your healthcare provider's instructions.