



## ROBOTIC RECTOPEXY DISCHARGE INSTRUCTIONS

1. Please call (804) 249-2465 for a follow-up appointment in \_\_\_\_\_.
2. You may take over-the-counter Tylenol (acetaminophen) or Motrin (ibuprofen) for pain.
3. Take new prescriptions, including any for breakthrough pain, as directed. **NO DRIVING WHILE TAKING PRESCRIPTION PAIN MEDICATIONS.**
4. If you take blood thinners, clarify with your physician before resuming.
5. Continue a soft diet at home with low fiber until your follow-up appointment.
6. If you have not had your first bowel movement while still in the hospital, do not be alarmed if the first few are loose and contain some blood. This should taper off shortly.
7. If you go 2 days without having a bowel movement, start taking over-the-counter Miralax daily (17g or 1 capful mixed in water)
8. No heavy lifting or strenuous housework such as vacuuming for 4 weeks.
9. No driving for 2 weeks.
10. You may shower, but not bathe so as to not submerge the incisions.
11. You may have “skin glue” over your incisions that will slough off over time.
12. You may walk as desired and may go up and down stairs.
13. If you develop increasing abdominal pain, vomiting, or fevers - please call the office or come to the ER to be evaluated.
14. There is a surgeon on-call 24/7 to discuss new, urgent concerns. (804) 249-2465.