

After a Major Operation

The first two weeks at home

Eating and drinking

- Start with **sips of water** when allowed, then clear fluids, then light food, then a normal diet — usually all within the first day.
- **There is no need for a special diet.** Eat your normal home food. Extra protein helps healing: dal, curd, milk, paneer, eggs, chicken, fish, sprouts, soya.
- **Drink plenty of water** unless we have restricted fluids.
- Avoid alcohol while on painkillers.

PASSING URINE AND OPENING THE BOWELS

Constipation after surgery is almost guaranteed — from painkillers, reduced movement and a change in diet. Do not wait for it.

Take the laxative we prescribe from **day one**. Drink water, eat fruit, papaya and fibre, and move as much as you are allowed.

Tell us if you have **not passed stool by the third day**, or if you cannot pass urine, or are passing only small amounts frequently.

USING THE TOILET

Use a **Western commode or a commode chair**. Squatting on an Indian toilet is not safe after hip, knee or spine surgery — it bends the joint too far and you may not be able to get up.

Fit a grab bar or keep a sturdy chair beside the toilet. Take your time. Do not lock the door for the first two weeks.

Keep the wound dry — wash your hands thoroughly before and after, and clean from front to back.

The wound

Keep it clean and dry. Do not apply oil, turmeric, powder or any home remedy to it. Follow the dressing dates we have given. Some bruising and mild swelling for two to three weeks is normal.

COME BACK URGENTLY IF YOU GET

Fever above 100.4°F after the third day · increasing wound pain, redness, discharge or a bad smell · the wound edges opening · calf pain or swelling · sudden breathlessness or chest pain · inability to pass urine · a fall

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