

Post-operative advices regarding food, activities and pain medication after adhesiolysis surgery

Congratulations! You are back home now and in recovery after your adhesiolysis!

It is very important to take care of some aspects during your recovery and healing process now!

- Surgical incisions:**
- it takes 2-3 weeks until the surgical wounds on your abdominal surface are healed. During this time take showers and no hot tubs!
 - No swimming or sauna!
 - as long as there is no sign of infection, itching and red areas around the stitches are quite normal
 - the stitches resolve on their own after round about 10-12 days (most of the times under the shower)
 - do not put any kind of balm or lotion on the stitches

- Inner abdominal wounds:**
- healing time 4 weeks to 3 months
 - during this time do not overdo your physical activities
 - gymnastics and sports can be slowly and carefully started after the 2nd week post surgery
 - Do not cross the pain barrier!!
 - Do not ride bikes- tumbling can cause severe abdominal damage
 - no heavy lifting!!

It is possible and normal to have constant pain during this time of recovery! So do not be scared because of it! Your body is post abdominal surgery! You can also take homeopathic medication for pain management and wound healing (Arnika, Traumeel, Phytodolor and Staphisagria). There has been good results, especially for adhesions patients.

Bowel movements and food after adhesiolysis:

After all this long time of suffering with adhesions and due to that constipation and other digestive problems it takes some time until your intestines are able to have natural BMs and digestion again.

To avoid pain and issues it is important to follow this advices:

DO'S:

- BMs EVERY DAY!! Take laxatives, enemas, suppositories, lactulose twice a day to soften the stools every day
- Eat only what you have digested before the surgery!
- small portions of food
- cooked chicken and fish
- scrambled eggs with milk
- lot of fluids like water and unsweetened tea
- soft cooked vegetables
- rice
- milk products like yoghurts, cheese, milk, butter milk, even 10 times a day!
- fresh and organic (bio) food
- after 4-6 weeks of successful bowel training try only one kind of „new“ food a week (f.e. first week cooked carrots with rice, second week cooked zucchini with rice and cooked chicken etc)

DONT'S:

- do not consume anything that is not mentioned above!
- no heavy and bloating food
- no fast food, pizza, pasta, steaks, pork, ham, burger, no other meat than chicken, etc
- no barbecue!
- no spices
- no garlic and onions
- no legumes like lentils, beans etcetera
- any kind of cabbage, broccoli, cauliflower etc.
- avoid raw fruits and vegetables
- no fastfood at all!

Many adhesions patients are suffering with food incompatibilities, so take care of it!

Please make a note of your daily food and what you don't digest, don't it!

Do not forget that you are still in recovery and your body needs time to heal after this long time of suffering with ARD! Please be patience and give your body and mind time to heal and rest!

Per Dr. Kruschinski advice, you have to make appointments with your pain specialist at home to decrease your pain medication slowly.

With following this advices you can take care of your success and improvement! Surgery is the first and main step to future well-being but discipline to follow the advices given above is now most important for final success!

Get well soon and all the best wishes!