

For the best recovery after your child's surgery, follow these instructions. Contact us if you have any questions or concerns after reading this.

## Pain Control

Most patients only need over-the-counter medication to manage pain for the first 3-4 days after returning home from surgery.

### Over-the-Counter Pain Medicine

- Acetaminophen (common brand, Tylenol®)
- Ibuprofen (common brand, Advil® or Motrin®)

Give your child pain medication only if they need it. Follow the instructions on the package.

## Diet

Your baby can resume breast milk or formula as tolerated.

## Wound Care

- Doctors use Steri-strips and dermabond to help your incisions heal and reduce scarring.
  - Leave Steri-strips and dermabond in place as long as possible
  - They will start peeling off on their own after about one week
  - If they have not fallen off in 10 days, you may remove them
- No rectal suppositories or rectal temperatures until cleared by surgeon
- Diaper rash is expected, make sure to change diaper frequently and apply thick layer of diaper paste with each change

## Rectal Irrigations

No rectal irrigations until cleared by your surgeon

## Enterocolitis

If your child displays any of the following signs and symptoms of enterocolitis, call the surgery office or colorectal clinic immediately

- Diarrhea with explosive stool and/or foul smelling
- Fever (>101°F)
- Abdominal distension
- Dehydration
- Vomiting
- Lethargy

## Bathing

Do not soak in a tub or a pool until cleared by your surgeon

## Activity Restrictions

Your baby may resume normal activities.

### Follow-Up Visits

Follow-up with your surgeon in 2 weeks or as directed by the colorectal clinic.

We now offer TeleHealth services (a video visit with your doctor). Ask our office if this is an option for you.

### Contact us immediately if your child has:

- A fever (100.4°F or more for children less than 1 year, 102°F or more for children older than 1 year)
- Pain not controlled by Tylenol or Ibuprofen
- Signs of dehydration (dry mouth, no urine, small amounts of dark urine)
- Vomiting, diarrhea, or constipation
- Bleeding, swelling, or increased drainage at the incision site
- **Watch for signs of enterocolitis:** abdominal distension (bloating), foul smelling diarrhea, vomiting, and/or fever. If your child has any of these symptoms, call the surgery office or colorectal clinic to be seen by your surgeon. Your child will need to be seen if they develop a fever >101°F, yellow or green vomiting, increased abdominal pain or any other signs of illness prior to their appointment.

### Contact Information

Business hours (M-F, 8:00 am – 5:00 pm)

- To schedule an appointment, please call: (801) 662-2950, Option #1
- To speak to one of our nurses, please call: (801) 662-2950, Option #2
- To speak with the colorectal clinic, please call: (801) 662-1619

After hours, weekends and holidays

- The operator will transfer you to the clinician on call: (801) 662-1000  
(Ask for the general surgery team)

**If your child has difficulty breathing or any other emergency call 911 or go to the ER**