

POLITIS

PLASTIC SURGERY

Preventing Constipation After Surgery

Constipation is a common side effect after surgery due to anesthesia, pain medications, decreased movement, and dietary changes. Preventing constipation helps reduce discomfort, bloating, and strain.

2 Weeks Before Surgery:

Start:

- **Colace (Docusate Sodium) 100 mg** twice daily
→ This is a gentle stool softener to help keep things moving.

Daily Tips:

- Drink **at least 64 oz of water** daily (unless restricted).
- Eat **high-fiber foods**: fruits, vegetables, whole grains, nuts, and legumes.

Special Instructions for Abdominoplasty Patients:

Bowel Prep – 2 Days Before Surgery:

- Choose **one**:
 - 1 bottle of **Magnesium Citrate** (available over the counter),
OR
 - **Dulcolax (Bisacodyl) 10 mg** (2 tablets by mouth)

Take in the **early evening** and stay near a restroom.

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DAY OF SURGERY

- **Miralax (Polyethylene Glycol 3350)**
Mix 1 capful (17g) into 8 oz of water and drink once daily.
→ Continue daily until regular bowel movements return.

If No Bowel Movement After 1 Day:

- Continue **Colace** and **Miralax**
- Add **Senna (Senokot) 17.2 mg** – 1–2 tablets at bedtime

If No Bowel Movement After 2 Days:

- Continue all above
- Add **Milk of Magnesia 30 mL** once daily (morning or night)

Tips for Natural Relief

- **Move regularly:** Gentle walking several times a day supports your digestive system.
- **Stay hydrated:** Keep sipping water throughout the day.
- **Eat fiber-rich foods** as tolerated post-op. Avoid processed foods that slow digestion.
- **Avoid straining** when using the bathroom.

When to Call Us

Call the office if:

- No bowel movement within **4 days**
- You have **severe bloating, nausea, vomiting**, or abdominal pain
- You feel faint, weak, or unable to eat or drink

Your comfort matters. Start early, follow this guide, and let us know if you need help!