

How to Get Rid of Gas After Surgery

After surgery, you may have gas pain or discomfort. Pain medicine given to you to take away surgery pain will not take away gas discomfort. If you have this type of discomfort, tell your nurse or other health care team member. They may suggest that you do one or all of these easy exercises to help you get rid of gas.

- Ask your nurse for help to get out of bed. Getting out of bed to do exercises, such as walking, can often help to get rid of gas.
- Do this exercise several times a day:
 - ▶ Lie on your back with your legs straight and a pillow under your knees.
 - ▶ Slowly raise your right leg and move it toward your stomach. Bend your leg at the knee and hip.
 - ▶ Hold this position for a count of ten (10).
 - ▶ Slowly lower your leg.
 - ▶ Take 2 or 3 slow, deep breaths.
 - ▶ Repeat this exercise with your left leg.
- Massage or rub your stomach.
 - ▶ Make your hands into fists.
 - ▶ Put the knuckles of your left hand on the right side of your stomach.
 - ▶ Use firm but gentle pressure.
 - ▶ Roll your hand up toward your chest, across your stomach and down the left side.

Other Helpful Hints

- After surgery, when you are allowed to eat and drink again, do so slowly.
- Chew with your mouth closed to prevent sucking in air which can make gas worse. Limit use of straws when you drink fluids.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.