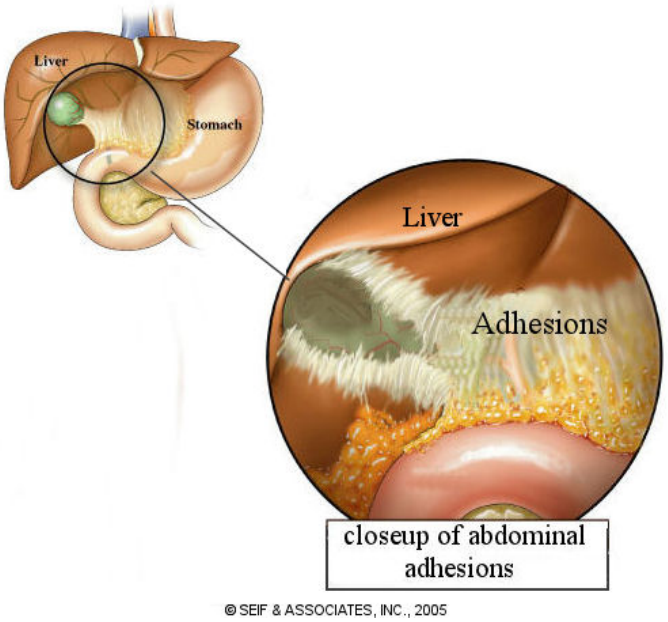
Adhesions

Adhesions are strings of scar tissue that stick to tissues and organs. They are on the inside of your body and form between two surfaces of the body. Usually tissues and organs move easily as the body moves. Adhesions cause tissues and organs to stick together. Belly adhesions can twist your intestines or block the passage of food. Adhesions can be caused by surgery, infection or radiation treatment. The most common places where adhesions form are:

- Belly.
- Pelvis.



HOME CARE

- Take pain medicine and other medicines as prescribed by your doctor.
- Pay attention to the pain:
  - Has it changed?
  - Has it moved?
  - Is it gone?
- Eat or drink as told by your doctor. Your doctor will tell you if you should be on a special diet.

GET HELP RIGHT AWAY IF:

- The pain is not gone in 24 hours.
- Your pain is worse, changes location or feels different.
- You have an oral temperature of 102° F (38.9° C) or higher. Write the number down for your doctor.
- You cannot stop throwing up (*vomiting*).
- You have blood or brown flecks (like coffee grounds) in your throw up.
- You have blood in your poop (*bowel movements*).
- Your poop is dark or black.
- You stop pooping (become blocked) or you cannot pass gas.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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