



Information for You from Your Health Care Team

Discharge Instructions for Laparoscopic Surgery

Site Care

- Your laparoscopic incisions will be covered with steri-strips or band-aids. Do not peel these off, they will fall off on their own in 7-10 days.
- You may shower on the day of discharge.
- Do not take tub baths or go in pools or hot tubs until your doctor says it is okay.

Pain

- You will be sent home with a prescription for pain medicine.
- While taking pain medicine do not consume any alcohol products.
- Do not take any over the counter medicines without checking with your doctor first.
- After a laparoscopic surgery you may experience gas pains, walking will help decrease this pain.
- Do not drive or operate heavy machinery while taking pain medicines.

Activity

- Because your stomach muscles are weak after surgery, avoid heavy lifting (greater than 10 lbs.) for 4-6 weeks. This includes any pushing or pulling.
- Increase activity as tolerated and continue to walk several times a day.
- Your doctor will let you know when it is safe to return to work or school and resume driving.

Hydration

- Increase your fluid intake after surgery, especially water.
- Avoid carbonated beverages that can cause gas.
- Using straws will also increase gas.

Call Your Doctor If:

- You become constipated or feel bloated.
- Have any nausea, vomiting, or diarrhea.
- Your pain increases or is not controlled with the pain medicine your doctor gave you.
- You develop a fever or chills (if you feel warmer or colder than normal).
- You develop any signs of an infection at the laparoscopic sites:
 - Redness.
 - Swelling.
 - Drainage.
 - Increased tenderness.
- You have any questions.