



LAPAROSCOPY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



ACTIVITY

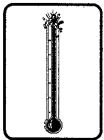
Rest today. Slowly resume your usual activity as tolerated. Avoid heavy physical exercise for 2 wk.



SPECIAL CARE NEEDED

Remove bandaids or bandages in 24-48 hr., then shower or bathe as desired. If you have dermabond (topical skin adhesive) keep dry for 48 hr. before showering. The dermabond will slough off on its own in 5-10 days. You may have shoulder or upper stomach pain, a common side effect from the air used to inflate your abdomen for your surgery. It should go away in a few days. Walking will help make this better.

For Women: A small amt. of vaginal bleeding or pink discharge may be expected for 2-3 days. It should not be as heavy as a normal period. No tampons douching or sexual intercourse for 2 wk.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling or foul smelling discharge from your wound.** Call your doctor at the first sign of infection



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)

Call 911 if you have chest pain or shortness of breath