

HOW WILL I FEEL AFTER MY PROCEDURE?

After your surgery, it is normal to feel weak and tired for several days after you return home. Your belly may be swollen and may be painful. You may have pain in your shoulder for about 24 hours.

DRESSING

You will see a bandage over your incision(s), this may be removed while in hospital or may be removed after you are home.

If you have staples along your incision, timing of the removal of staples will be directed by your surgeon.

If you have strips or tape under the bandage(s) you may remove these yourself in 1 week. If they fall off earlier they do not need to be replaced.

REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:



Care After Your Diagnostic Laparoscopy

Patient Education

Surgical Services Patient Education

10/05/2018

How Do I Care For Myself?

DIET:

You may eat a light diet on the day of surgery and return to your regular diet after that.

You may notice that your bowel movements are not regular right after your surgery. This is common. Try to avoid constipation and straining with bowel movements.

Include roughage in your diet: fruits and vegetables-especially prunes, lettuce, and celery. Increasing your dietary fiber such as bran cereals can also help.

Drink 8 to 10 glasses of water per day.

HYGIENE:

You may shower 24 hours after surgery. It's OK to get the steri strips wet but don't soak, scrub or let the shower beat on them. Gently pat your incision until it is dry. You may have a bath once your wound is healed. This usually takes 2 to 3 weeks. There should not be any openings, scabs or draining from your incision by the time you have a bath.

ELIMINATION:

The intestines are usually somewhat lazy for a few days after surgery causing gas, bloating and constipation.

Take any medications for pain or your bowels as instructed or prescribed by your doctor.

ACTIVITY:

You will be encouraged to walk as early as the day of surgery.

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds) for 6 weeks.

PAIN MANAGEMENT:

Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg or ibuprofen (Advil) 400-600mg. Follow the directions on the label.

If you are given a prescription for pain medication, take it as prescribed by your surgeon.

CALL YOUR DOCTOR IF:

- Have a fever higher than 38.5 °C or 101 °F
- Are vomiting or feel bloated and sick to your stomach all the time
- Separation of wound edges, green or yellow drainage from the wound, or increasing redness swelling, warmth or pain of the incision
- Have trouble urinating
- Increased abdominal pain that is not relieved by pain medication
- Shortness of breath or chest pain