

## **Laparoscopic Postop Instructions**

### **WOUND CARE AND ACTIVITY**

- You may take your Steri-Strips (tape strips) off 2 weeks after surgery.
- Do not soak in a tub for at least two weeks after surgery.
- It is normal to have some bruising, swelling, and pain at the incision.
- Minimize sun exposure and avoid sunburn for one year.
- Avoid heavy lifting (>20 pounds) and sports for 2 weeks after surgery.
- Perform deep breathing and coughing to prevent pneumonia. Splint (hug your abdomen) when coughing or sneezing.
- You should walk 5-10 minutes every hour that you are awake.

### **PAIN MANAGEMENT**

- Ibuprofen (Motrin/Advil) or naproxen (Aleve) may be taken as directed.
- You may drive when you are no longer taking prescription pain medication.
- You may have pain in your shoulder area. This will improve over time. Deep breathing and walking will help.

### **DIET AND CONSTIPATION**

- Constipation is very common after surgery and can be worse with the use of pain medications. Drink plenty of water (8-10 glasses per day).
- You may eat a normal diet unless otherwise instructed to do so. Your appetite may be decreased for a week or more. If you are not tolerating regular meals, try to eat small amounts every 2-3 hours.
- If needed, you can take a stool softener or mild laxative (e.g., Milk of Magnesia or Miralax) once or twice per day with a glass of hot liquid (tea, coffee, etc.).

**PATHOLOGY:** Provided copy today or we will mail to you if not yet available

**FOLLOW UP:** In 4-6 weeks for additional labs and medical management

- You can schedule a 3-month scar check with us if you would like.

### **WHEN TO CALL THE SURGEON'S OFFICE**

- Fever higher than 101 degrees or any concern for infection (redness, pus coming from the wound).
- Trouble passing urine.
- Severe pressure or swelling at your surgery site (bigger than an orange).
- Severe vomiting or diarrhea.