

DISCHARGE INSTRUCTIONS – LAPAROSCOPIC PROCEDURES
including endo or open hernia repair / lap cholecystectomy / lap or
open appendicectomy

Please note - Within 24 hours of your Operation YOU MUST NOT:

- Drive a car or take public transport unaccompanied.
- Operate Machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions.

Analgesia:

- Take Paracetamol / Panadeine 2 Tablets 4-6 Hourly or prescribed analgesia if required.
- Do not drive or operate machinery if taking prescribed medication.

Diet:

- There are no dietary restrictions. Aim to eat nourishing, healthy foods.
- Avoid constipation by increasing your fluid and fibre intake.
- Take a laxative only if needed. Eg. Agarol, Metamucil, Fybogel.

Activity:

- Avoid lifting heavy objects greater than 15 kgs or engage in vigorous exercise for a period of 4 weeks.
- Slowly increase your activity levels over this time. Light housework and gardening may be undertaken during this time.
- You may drive your car when you feel confident and safe to do so.

Care of Wound:

- If you have clear plastic dressings, leave in place until your review appointment. These are waterproof and you may shower as normal.
- Only remove your dressings if they get wet or become smelly. Cover wound area with clean dressing if necessary.
- Any sutures will be removed at your follow-up appointment with your Surgeon.
- If you have had a hernia repair some bruising and swelling around the wound and/or genital area is quite common.

On-going Care:

- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on **9210 7277** to arrange your post operative appointment.
- Notify the Rooms:
 - if you experience any problems with your wound, including abnormal redness, pain, smell or discharge.
 - You develop a fever, or get hot/cold flushes.
 - Your pain is not being relieved by the analgesia you are using.