

Laparoscopic Surgery Post-op Care



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POST-OPERATION INSTRUCTIONS FOR LAPAROSCOPIC SURGERY

The following instructions are meant to speed your recovery time, as well as comfort. If you have any questions regarding any of these instructions, please feel free to contact your doctor.

PAIN

It is normal for you to experience pain, especially for the first few days after surgery. The following conditions are normal:

- Pain at the incision sites, particularly the sites where the gallbladder/appendix were removed.
- Pain in the right abdomen and even into the chest, with deep breathing.
- Nausea for the first day or two. This can be caused by anesthesia or the pain pills. If you find the pain pills are making you nauseated, stop taking them and try Tylenol (regular or extra strength).
- There is often bruising around the incision sites.
- Pain/bruising at the site the IV was placed.
- A sore throat from the anesthesia breathing tube.
- Pain in the shoulder or upper back from the laparoscopic gas.
- A bloated feeling in the abdomen.
- Some difficulty urinating. (If you can't empty your bladder six - eight hours after surgery you will need to go to the Emergency Room for placement of a catheter into the bladder.)
- Fatigue and the need to sleep much more than usual for the first week or two.
- Diarrhea, which can be a result of the antibiotics or occasionally a response to having your gall bladder/appendix removed.

You will need to go to the Emergency Room if:

- You experience severe pain, so bad that it is not controlled by the pain medication(s).
- You have severe chest pain, shortness of breath, or significant drainage from your incisions.

You may call the office for assistance during business hours, but in the evenings and weekends, there is only an "on call" surgeon available. The "on call" surgeon usually cannot make an assessment of problems over the phone adequately. So, if you feel that you have a problem that requires evaluation after hours, we recommend that you go to the Jordan Valley Emergency Room.

MEDICATIONS

A prescription for pain medication is given to you upon discharge. You may also get a prescription for anti nausea medication. Take your pain medication as prescribed. You may take Acetaminophen (Tylenol) or Ibuprofen (Advil) as needed once you're no longer taking prescribed pain medication.

Take your usually prescribed medications unless otherwise directed. It is common to experience constipation if taking pain medication after surgery. Increasing fluids and taking a stool softener will usually help lessen or prevent this from occurring. A mild laxative (Milk of Magnesia is recommended) may be taken if no bowel movement after 48 hours.

Sometimes the pills will cause a bit of itching. It is okay to take Benadryl for this, but discontinue the medications if you notice a rash.

YOUR INCISIONS

Unless discharge instructions indicate otherwise, you may remove the clear plastic dressings (Tegaderm) and gauze two days after surgery. Showers are permitted from the day after surgery (no baths). You may have steri-strips (small skin tapes) in place directly over the incision. These strips should be left on the skin for seven – 10 days.

DIET

You should follow a light diet the first 24 hours after surgery, such as soup, crackers, pudding, etc. You can eat solid food when you feel up to it but stick to a low fat diet for two weeks.

FOLLOW UP APPOINTMENT

You should call 801-601-4423 when you get home to schedule an appointment to see your surgeon. The first visit is 10-14 days AFTER you are discharged home.