

Dr. Hugh McGregor
BSc(Hons) MBBS(Hons) PhD FRACS
GENERAL SURGEON &
GASTROINTESTINAL ENDOSCOPIST
Provider 237509VA

Suite 17
Peninsula Specialist Centre
George St.
KIPPA RING QLD, 4020
Telephone 3283 4200
Fax 3284 2739
email: northsidesurgeons@gmail.com

DISCHARGE INSTRUCTIONS – LAPAROSCOPIC PROCEDURES

**including lap or open 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. Coloxyl,coloxyl & senna or movicol

Activity:

- Avoid lifting heavy objects greater than 10 kgs or engage in vigorous exercise for a period of 2 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 or band aid if necessary.
- Any sutures will be removed at your follow-up appointment.
- Please contact the hospital where you had your procedure immediately if you have:

fevers, wound discharge or redness around the wounds.

Your pain is not being relieved by the analgesia you are using.

They will contact Dr McGregor on your behalf.

Specimen results will be discussed with you and a copy will be sent to the referring GP.

On-going Care:

- You will see the practice nurse in one week for a dressing review.
- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on 07 3283 4200 to arrange your post operative appointment.

Appointment details:

Date: _____ *Time:* _____