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DISCHARGE INSTRUCTIONS – LAPAROSCOPIC PROCEDURES

including lap or open Hernia

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 5kgs or engage in vigorous exercise for a period of 6 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.

- If you have had a laparoscopic hernia repair some bruising and swelling around the wound and/or genital area is quite common.

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: _____