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| <b>Activity</b>        | <ul style="list-style-type: none"> <li>• It is common to feel tired for the first few weeks following any operation.</li> <li>• Try to get up and walk around as much as possible, but not to the point that you hurt.</li> <li>• Do not do any vigorous physical activity for 1-2 weeks until you feel well.</li> <li>• Do not lift anything over 15 pounds for 6 weeks.</li> <li>• Do not drive a car if you are taking pain medicine.</li> <li>• Resuming previous sexual activity is usually fine when you are no longer requiring pain medication.</li> </ul>   |
| <b>Diet</b>            | <ul style="list-style-type: none"> <li>• Start by drinking clear liquids and <u>slowly advancing your diet as instructed</u>.</li> <li>• Patients that had <u>gallbladder surgery</u> will need to be on a low fat diet for 2 months.</li> <li>• <u>Bariatric patients</u> will need to strictly follow their postoperative diet. (Please refer to Bariatric Manual)</li> <li>• Eat what agrees with you, but bland, low-fat foods will settle easier in your stomach.</li> <li>• Early on, your appetite may be less than normal. Drink lots of fluids.</li> </ul>  |
| <b>Bathing</b>         | <ul style="list-style-type: none"> <li>• You may shower <u>24 hours</u> after your surgery but avoid water directly to the incisions.</li> <li>• Do not bathe in a tub or submerge your wounds under water for 4 weeks.</li> </ul>   |
| <b>Pain Control</b>    | <ul style="list-style-type: none"> <li>• Shoulder/Back pain is a frequent complaint after laparoscopic surgery. <ul style="list-style-type: none"> <li>○ It usually improves after 3-4 days, <u>walking</u> helps this improve quicker.</li> </ul> </li> <li>• Only take the medication when having pain and take the smallest dose possible to control your pain.</li> <li>• As your pain subsides, you will find that non-prescription medications control the pain by themselves. You may also switch to regular Tylenol<sup>®</sup> if you are not allergic.</li> </ul>  |
| <b>Incision Care</b>   | <ul style="list-style-type: none"> <li>• If your wound was closed with surgical glue, avoid wetting the area unnecessarily for the first 4 days. <u>Do not remove or pick at the glue</u>, it will come off on its own after 4-7 days.</li> <li>• <u>Take all dressings off after 24 hours, or sooner</u> if there is a lot of fluid collecting on or under it.</li> <li>• Keep all your incisions <u>dry and clean</u>, by using gauze and bandages as needed.</li> </ul>   |
| <b>Bowel Function</b>  | <ul style="list-style-type: none"> <li>• Pain medicines often cause <u>constipation</u> (difficulty having a normal bowel movement).</li> <li>• Most patients do not have their first bowel movement until at least 3 days after surgery.</li> <li>• If you feel you are constipated. <ul style="list-style-type: none"> <li>○ Use a 100mg tablet of Colace<sup>®</sup> (docusate) twice daily. Increase to up to 3 tablets twice daily if you still have difficulty having a bowel movement. Reduce the dose if stools are too loose.</li> </ul> </li> <li>• Breakfast cereals high in dietary fiber help achieve regularity. We suggest Fiber One<sup>®</sup> or Allbran Fiber Extra Fiber<sup>®</sup>. Wheat germ (1 tbsp/day) can also be sprinkled over your food.</li> </ul> |
| <b>Return to Work</b>  | <ul style="list-style-type: none"> <li>• Usual return to work is in 1-2 weeks depending on your occupation and the type of surgery you had.</li> <li>• Ask for light duty work if possible.</li> </ul>   |
| <b>Common Problems</b> | <ul style="list-style-type: none"> <li>• Having a <u>sore throat</u> is usually common after the breathing tube that was placed for your surgery. This usually resolves in 1-2 days, but throat lozenges and cough drops may help.</li> </ul>  |
| <b>When to Call</b>    | <ul style="list-style-type: none"> <li>• Your temperature is greater than 101.5°F (or 38.3°C).</li> <li>• You have continued nausea, vomiting, diarrhea, abdominal pain or are unable to tolerate your diet.</li> <li>• Increasing redness or swelling around the wound, bleeding, pus or a foul odor from the wound.</li> <li>• Minimal drainage from surgical wounds is usually a normal, as long as it is improving, not associated with worsening pain, redness or fevers.</li> </ul>  |
| <b>Follow Up</b>       | <ul style="list-style-type: none"> <li>• If you do not have a follow-up appointment, call the office at (941) 254-4957 to schedule one for 7-10 days after you are discharged from the hospital. Unless your physician specifies another date.</li> <li>• Call the office during regular business hours for any questions that you may have..</li> <li>• In case of emergencies: <ul style="list-style-type: none"> <li>○ Call the office first at (941) 254-4957. An answering service is available 24 hours a day and can direct your call to covering doctors.</li> <li>○ If the situation requires, if possible, go to the emergency room either at the hospital where you were operated on or the nearest emergency room.</li> </ul> </li> </ul>                              |