

# Discharge Instructions: Diagnostic Laparoscopy

## What To Expect

As a result to your procedure today, you may have:

- pain and soreness at the incision sites
- mild abdominal bloating
- pain in one or both shoulders
- mild nausea
- feeling tired
- a small amount of bleeding from the incisions can be normal

## Wound Care

- You may shower 24 hours after the procedure. It is okay for soap and water to run over incisions.
- Do not soak in a bathtub, go swimming, or use a hot tub.
- Keep incisions clean and dry. Do not scrub incisions. Pat dry.
- If skin glue product, such as Dermabond is used, the skin glue will fall off in 7-10 days.
- If Steri-strips™ are used, they will start to fall off on their own in 7-10 days. Do not wash the strips off or force them to come off. If they are starting to fall off, it is okay to remove them the rest of the way.

## Restrictions

Start walking after surgery, and begin your everyday activities as soon as you feel up to it. Take it easy for 2-3 days following your procedure, and gradually increase your activity as tolerated.

- No driving for 3-4 days following the procedure, and no driving if you are taking narcotic pain medication
- Avoid heavy lifting for at least 2 weeks. “Heavy” mean anything weighing more than 10 pounds
- If you work a desk job, you may resume work in about 1 week. If you have physical work, tell your doctor that and only go back to work after they say it is OK.
- After you are discharged to home, you can start taking your regular daily medications unless your doctor gives you other instructions.
- Aspirin: You can resume taking aspirin in 24 hours, unless your doctor gives you other instructions.
- If you are taking other blood thinning medications (such as Coumadin, Lovenox, or Eliquis) ask your physician when it is safe to resume

## Pain Control

- Mild pain can be managed with over the counter acetaminophen/Tylenol® and ibuprofen/Advil®. Please take as directed on the bottle. Generally, you do not need a prescription for an opioid (narcotic) medication after a laparoscopy.
- **Note: The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.
- You may take a stool softener if needed, to help prevent/treat constipation.

## Diet

- Start with clear liquids and gradually increase your diet to solid foods. (Or to the foods you were eating before the laparoscopy.)
- Do not force yourself to eat solid foods, especially if you have nausea. If you cannot eat or drink, call your doctor.

## Call Us If...

- you have a fever greater than 100.4°F (38°C) or a fever with chills
- your surgical wounds are bleeding, red/warm to the touch, or if you have thick, yellow, or green drainage from the incisions
- you feel it is hard to breathe
- you have pain that is not helped by pain medications
- you cannot eat or drink
- you have nausea or vomiting lasting more than 1 day

## Follow Up Care

- Follow up with your surgeon is generally within 2 weeks. At that visit, the incisions will be inspected and any findings from surgery will be discussed. Any questions or problems can be discussed at that visit, or you can call the office sooner if needed.

## Questions or Concerns

If you have any questions or concerns, please contact the GI clinic at **716-845-4005**.

You can also reach Roswell 24/7 at **716-845-2300**.