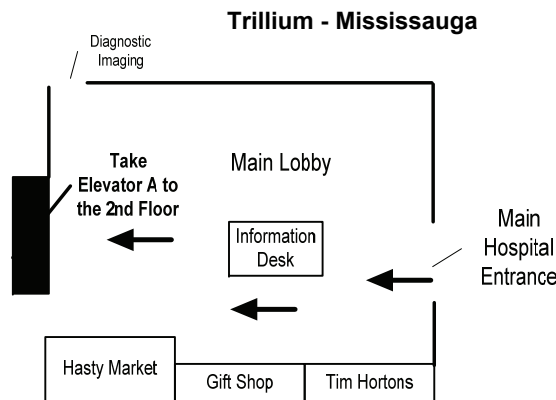
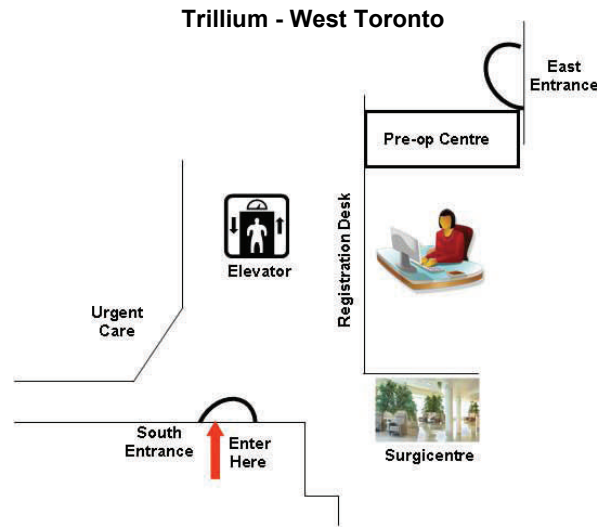


Contact your physician if

If any of the following occur, please contact your doctor or go to the hospital's Emergency Department:

- Persistent pain not relieved by medication.
- You start to have new discomfort, such as numbness, tingling, or shooting pains in your legs or back.
- There is persistent bleeding or drainage of fluid from the incision.
- The incision line becomes inflamed (reddened or swollen in appearance).
- You are unable to pass urine.
- You develop a fever or chills.



Trillium Health Centre	
Mississauga	West Toronto
100 Queensway West	150 Sherway Drive
Mississauga, ON	Toronto, ON
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Following Laparoscopic Surgery

You have an important part in your recovery.

The following are general guidelines. Speak to your doctor about specific questions.

After Your Procedure

A laparoscopic procedure allows faster recovery compared to surgeries with larger incisions. Recovery is best when health teaching instructions are followed.

Activity following your Surgery

- Take it easy for the first few days after surgery, then gradually return to your normal activities.
- Let comfort be your guide; you should be able to walk around during the day.
- Remember to do your deep breathing, coughing, and calf pumping exercises.
- Ask your doctor when you can return to work and resume sports.
- Most people can return to work in 2-3 weeks, depending on their job.



Hygiene

- You can shower (no baths).
- The small tapes on your abdomen will come off on their own. If they do not come off after 1 week, you can gently peel them off.
- Keep the belly button area clean and dry.
- You can use a cotton swab to dry this area.



Will I have Pain after Surgery?

- It is normal to have some discomfort in your abdomen or shoulders.
- Take your pain pills, as instructed.
- Do not take Aspirin or other pills containing Aspirin.
- Do not drink alcohol while you are taking pain pills.

When Should I Call My Doctor?

- Call your doctor or go the Emergency Department if you have:
 - ⇒ A noticeable amount of fresh bleeding from around your incisions; a small amount of oozing is common after surgery;
 - ⇒ Redness or swelling around the cuts;
 - ⇒ Trouble breathing or pain in your chest;
 - ⇒ Severe pain that is not helped by your pain pills;
 - ⇒ You feel generally unwell;
 - ⇒ Fever or chills (temperature above 38⁰C or 100.5⁰F)



What Can I Eat and Drink?

- Have a well balanced diet.
- Drink 6-8 cups of fluid each day.
- Be sure to include lots of fluids, fruits, vegetables, and whole grains to prevent constipation.
- Smaller meals throughout the day are often better tolerated than a few large meals.



Follow-up Appointment

- Call to make a follow-up appointment with your surgeon as noted on your discharge sheet.
- Appointments are at 3-4 weeks after your surgery.

Date _____

Time _____

Phone _____

