

## **POSTOPERATIVE INSTRUCTIONS FOLLOWING LAPAROSCOPIC SURGERY**

1. Avoid lifting over 10-15 pounds or straining for the next week to ten days.
2. You will be given a prescription for a few pain pills. While taking this medication, avoid driving a car or engaging in vigorous physical activity. Call your pharmacy if refills are needed during our regular office hours Monday through Thursday, 9 a.m. to 5 p.m. and Friday 9 a.m. to 4 p.m.
3. You may eat normally after surgery. If constipation becomes a problem, due to the anesthetic or pain medication, you may take a stool softener (Surfak, Dulcolax or Colace), or a mild laxative such as Milk of Magnesia.
4. You may have a sore throat and/or hoarseness from the tube used for your anesthetic. This is normal.
5. You may shower after 48 hours or take a tub bath. Remove band-aids at this time, but leave the white adhesive strips in place until they become loose and start to fall off. Apply clean band-aids as needed.
6. You will need to be seen in our office in 7-10 days for a follow-up. Please call the office to set up this appointment.
7. Should you begin to have significant redness, swelling or increased tenderness around the incision or start running a fever of 101 degrees F or higher, you should contact our office right away at (817) 267-2678.

If you have any questions or problems, please do not hesitate to contact us.