



Patient Instructions after Laparoscopic Surgery

Procedures	Diagnostic Laparoscopy, Biopsies, Lysis of Adhesions, Nissen Reflux Procedure
Incision Care	Remove any dressing(s) in 48 hrs. The incision(s) may be sealed with staples , a skin adhesive (Dermabond) or covered with white adhesive tapes known as steri-strips . Either way, there is no need to cover up the incisions again with gauze.
Shower	You may shower 48 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). You may use this if necessary, however, narcotics are constipating and may make your bowel movements more painful. Options for non -constipating pain medications include products that include Ibuprofen or Tylenol.
Common Complaints	Shoulder pain from the carbon dioxide used during the procedure is common. Your body absorbs this gas naturally over a 48-72 hour period. Tylenol (Acetaminophen) or Ibuprofen (Motrin) is usually sufficient to relieve this discomfort. Your throat may be sore from the breathing tube. This too resolves in a day or two. Cough drops and throat lozenges are soothing.
Bowel Medications	Loose stools or constipation can be normal. To combat constipation, you may take a stool softener (Colace) twice each day.
Activity & Clothing	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 4-6 weeks . Wear comfortable, loose-fitting clothes (elastic waist or sweat pants) for at least a week.
Diet	Resume your previous diet. If your throat is sore, try eating soft foods (Nissen patients refer to our special instruction sheet for helpful guidelines).
Return to Work	You may return to work in 1-2 weeks (usually after you have seen your surgeon).
Physician Appointment	Call (941) 744-2700 to make your post-operative appointment to see your surgeon in 1-2 weeks or if you have any questions.
When to call your Surgeon	Persistent fever over 101.5 degrees F (39 C). Pain that is not relieved by your medications. Persistent nausea or vomiting. Persistent cough or shortness of breath. Purulent drainage (pus) or bleeding from any incision. Redness surrounding any of your incisions that is worsening or getting bigger. If you are unable to eat or drink liquids.
In Case of Emergency	Your surgeon is available 24 hours a day at 941-744-2700, or call 911, or go to your nearest emergency department at Manatee Memorial Hospital or Blake Medical Center.