



60 Doctors' Park
Cape Girardeau, MO 63703
Phone: 573.334.3074
Fax: 573.335.8725

Laparoscopic Surgery Post-Operative Instructions & Restrictions

Incisions & Aftercare

- You will have steri-strips, dermabond or staples over the incisions.
 - The steri-strip sites will be covered with a bandaid or gauze dressing. The steri-strips typically stay on for 10-14 days. If they are still on at 14 days, you may gently peel them off.
 - If there is dermabond (skin glue), this usually stays on approximately 7-10 days. It does not require a dressing to be placed over the top of the incisions, they may be left open to air.
 - Staples will be removed 10-14 days after surgery.

- Do not use Betadine, Hibiclens, alcohol, or hydrogen peroxide on the incisions unless you are instructed to do so. Do not apply neosporin or any other topical ointments or salves unless instructed to do so
- Remove the dressings the day after surgery and leave off. Only replace the dressings if the incisions are draining fluid or if otherwise noted in your discharge orders.
- **Incisions should not get wet the day of surgery. The day after surgery, you may shower regularly. Let warm soapy water run over incisions, and pat dry with a towel.**
- Please do not soak incisions in water (tub bathing, hot tub, swimming, etc.) for two weeks after surgery.
- Incisions are normally uncomfortable for several days.

- Observe your incisions daily and report any signs of infections. Signs of infection are: redness, increasing pain, temperature above 101 degrees and unusual drainage or swelling. A small amount of drainage from incisions is normal. Please call should this drainage become foul smelling, thick, or opaque
- You may experience shoulder pain or pain under your ribs. This is from the insufflation gas used during surgery. This is normal and should subside within 48-72 hours. You may place a heating pad on low as needed and walk around often.

Restrictions

- You may drive once you are no longer taking pain medication and feel as though you can react quickly enough to prevent harm to yourself or others. We ask that you **do not** drive while taking any pain medication prescribed postoperatively.
 - Resume activity as tolerated. Walk around often (at least every 1-2 hours) and also make yourself cough and deeply breathe frequently. A good rule of thumb is to take 10 deep breaths and cough every time a commercial comes on TV. You may go up and down stairs.
 - **Lifting Restriction: No lifting anything greater than 20 pounds for 2 weeks after surgery.**
- **Any FMLA paperwork can be brought to the front desk at our office for completion or fax to 573-334-5554 attention to Kathy. For a work release, please call 573-334-3074 and leave a fax number along with the date that you are planning to return to work. *Please note: work releases will make note of any lifting restrictions that apply.***

Medications

- You will receive a prescription for pain medication before discharge. Please follow instructions on the label.
- If you are able to, you may also take 600-800mg of ibuprofen three times daily in addition to the prescription pain medication. It is best to take ibuprofen with food. Do not take any other NSAIDS with ibuprofen.
- Resume your home medications unless instructed otherwise. Questions about regular home medications should be directed to the prescribing physician.
- If you experience constipation: take a mild laxative or OTC stool softener such as Miralax, along with increasing daily fluid intake and increasing activity

Follow Up

- A 2-3 week follow up appointment will be made for you before you leave the facility, please try to keep this appointment..



**60 Doctors' Park
Cape Girardeau, MO 63703
Phone: 573.334.3074
Fax: 573.335.8725**

The hospital or surgery center will call you to schedule pre-surgery testing. If you have not heard from them 24 hours prior to your surgery, please call the number listed.

ST. FRANCIS MEDICAL CENTER : 573-331-5111.

Report to the registration Center, which is located near the Emergency Room at ENTRANCE #4

MERCY - SOUTHEAST :573-334-4822

Report to Patient registration , just inside the main lobby entrance

DOCTORS' PARK SURGERY: 573-334-9606

Report to #30 Doctors Park

PLEASE TAKE ALL CURRENT MEDICATIONS AND INSURANCE CARDS WITH YOU.

There are no instructions for pre-surgery testing. The hospital or surgery center will notify you of your arrival time for surgery .

DIET INSTRUCTIONS.: Nothing to eat or drink after midnight

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE
The following medications need to be stopped prior to surgery or procedures

Stop the following medications 7 days prior to surgery:

Please tell your surgeon if you are taking any type of weight loss pills or injections

| | | | |
|---|----------------------------|------------|--------------------|
| Nsaids :motrin, aleve, ibuprofen, diclofenac, Exerdrin | Warfarin / Coumadin | Celebrex | Aspirin |
| Meloxicam | Bufferin | Ecotrin | Effient |
| Plaquenil | BC Powder | Fish Oil | Florinal, Fioricet |
| Phentermine, adipex | Glucosamine | Soma CPD | Ginseng |
| Ginger | Garlic Pills | Trental | Vitamin E |
| Doan's Pills | Ginkgo | Persantine | |
| | | | |

Stop taking the following 5 days prior to surgery:

| | | | |
|-----------------|---------------|--|--|
| Brilinta | Plavix | | |
|-----------------|---------------|--|--|

Stop taking the following medications 3 days prior to surgery:

| | | | |
|----------------|----------------|----------------|-----------------|
| Eliquis | Xarelto | Pradaxa | Edoxaban |
|----------------|----------------|----------------|-----------------|

Stop taking the following 2 days prior to surgery:

| | | | |
|------------------|---------------|--|--|
| Arthrotec | Pletal | | |
|------------------|---------------|--|--|

Stop the following 24 hours prior to surgery :

| | | | |
|----------------|--|--|--|
| Lovenox | | | |
|----------------|--|--|--|

Stop the following medications 14 days prior to surgery

| | | | |
|-----------------|----------------|---------------------|-----------------|
| Aggrenox | Feldene | Methotrexate | Steroids |
|-----------------|----------------|---------------------|-----------------|

PLEASE TELL YOUR SURGEON IF YOU HAVE CARDIAC STENTS, PACEMAKER, DEFIBRILLATOR, OR HAVE HAD A HEART VALVE REPLACEMENT