

## Specialising in Advanced Keyhole Surgery

Hernia

Gall Bladder

Weight Loss

Reflux / Hiatus Hernia

Excessive Sweating

Facial Blushing

Carpal Tunnel

Bowel

**If you require further information on any of these services,  
please contact us on (03) 9760 2777**



2 Langwith Avenue, Boronia, Victoria 3155  
Telephone (03) 9760 2777 Facsimile (03) 9761 0207  
[www.lapsurgeryaustralia.com.au](http://www.lapsurgeryaustralia.com.au)

### DISCHARGE INSTRUCTIONS

## Open / Laparoscopic Sleeve Gastrectomy / Gastric Bypass

MR RAY McHENRY  
 MR CHRIS HENSMAN

MR RICHARD GILHOME

Your next appointment has been made at:

**LANGWITH CONSULTING SUITES**  
2 Langwith Avenue,  
Boronia

**THE BAYS PRIVATE HOSPITAL**  
Vale Street,  
Morningson

**THE VALLEY PRIVATE HOSPITAL**  
Churchill Consulting Suites  
Cnr Police & Gladstone Road, Mulgrave

**ST JOHN OF GOD HOSPITAL**  
Consulting Suites  
Suite 4, 8 Gibb Street, Berwick

**ROSEBUD SURGICENTRE**  
1537 Point Nepean Road  
Rosebud West

Day \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_

## **DISCHARGE INSTRUCTIONS:**

# **Open/Laparoscopic Sleeve Gastrectomy/ Gastric Bypass**

### **Analgesia:**

- Take Soluble Paracetamol/Panadiene or your prescribed analgesia- 2 tabs. 4-6 hrly or as required.
- Do not drive or operate machinery if taking prescribed medication.

### **Diet:**

- For 1-2 weeks take foods of a fluid nature only according to Dietary advice given and progress in hospital.
- It is important to avoid constipation by ensuring an adequate intake of water and the addition of a laxative and / or a fibre supplement if required. Eg. Benefibre.
- Progression in texture of food is achieved slowly over the next few weeks as outlined in dietary advice.

### **Activity:**

- Gently mobilise around at home over next few days increasing your activity levels as tolerated.
- You should leave your TED stockings on at all times, removing them only for showering, until your review appointment with the surgeon / nurse.
- You may drive your car when you feel safe and confident to do so. We do advise waiting at least 7-10 days.

### **Care of your wound:**

- Your dressings will be changed prior to discharge from the hospital. They are waterproof and you may shower with them in place. Leave intact until your review appointment with the Surgeon.
- You may be discharged to home with a drainage tube in place and you will be instructed on how to manage this at home.

### **On-going care:**

- Your follow up appointments will be made at the time of your Surgery booking. If you have any concerns with these please contact our Rooms to revise these dates.
- Notify the Rooms **9760 2777** if you have any concerns at all including unrelieved pain, hot/cold flushes or redness, discharge or swelling of wound.

### **Out of Hours: Ph: 9760 2777**

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.