

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

DISCHARGE INSTRUCTIONS

Laparoscopic Gastric Banding

- MR RAY McHENRY
- MR CHRIS HENSMAN

- MR RICHARD GILHOME

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**
2 Langwith Avenue,
Boronia
- THE VALLEY PRIVATE HOSPITAL**
Churchill Consulting Suites
Cnr Police & Gladstone Road, Mulgrave
- ROSEBUD SURGICENTRE**
1537 Point Nepean Road
Rosebud West
- THE BAYS PRIVATE HOSPITAL**
Vale Street,
Morningson
- ST JOHN OF GOD HOSPITAL**
Consulting Suites
Suite 4, 8 Gibb Street, Berwick

Day _____

Date _____

Time _____

DISCHARGE INSTRUCTIONS: Laparoscopic/Gastric Banding

Analgesia:

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

Diet:

- For the next 2 weeks take foods of a fluid nature only, according to the Dietician's advice. Ensure you are taking a Multi Vitamin.
- It is important to avoid constipation by ensuring an adequate intake of water and addition of a laxative and/or a fibre supplement if required. Eg; Agarol Benefibre.
- After this fluid phase you will have an appointment to see the Dietician, who will explain your progress on to a more solid diet leading up until your planned first Adjustment appointment 5 weeks after Surgery.

Activity:

- Gently mobilise around at home over first few days increasing your activity level each day as tolerated.
- You should leave your TED stockings on at all times, removing only for showering, until your review appointment with the Nurse. Avoid the stockings bunching up behind the knees as this can cause obstruction of blood flow and pressure areas.
- You may drive your car when you feel confident and safe to do so.

Care of your Wound:

- Your dressings will be changed prior to discharge from hospital. They are waterproof and you can shower with them in place. Leave intact until your review appointment.
- It is very important that your wounds do not become infected, particularly the largest wound as this is where the Port is located. If there is any redness, discharge or pus coming from the wounds, please contact the Surgeon's Rooms on **9760 2777** to speak with the Nurse Specialist.

On-going Care:

- Your follow-up appointments will have been made prior to your Surgery date. If you are unsure of these dates please contact your Surgeon's Rooms on **9760 2777** to confirm them.
- If you have any concerns at all regarding your Surgery you are able to contact the rooms at any time during office hours 9am - 5pm, Monday to Friday.

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.