

## 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

## Laparoscopic Procedures inc. Endo/Open Hernia Repair / Lap Cholecystectomy / Lap / Open Appendicectomy

- 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 Procedures inc. endo/open Hernia repair/ Lap Cholecystectomy/ Lap/ open Appendicectomy**

### **Please note:**

#### **Within 24 hours of your Operation You Must Not:**

- Drive a car or take public transport unaccompanied.
- Operate Machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions.

### **Analgesia:**

- Take Paracetamol /Panadeine 2 Tabs 4-6 Hrly or prescribed analgesia if required.
- Do not drive or operate machinery if taking prescribed medication.

### **Diet:**

- There are no dietary restrictions. Aim to eat nourishing, healthy foods.
- Avoid constipation by increasing your fluid and fibre intake.
- Take a laxative only if needed. Eg. Agarol, Metamucil, Fybogel.

### **Activity:**

- Avoid lifting heavy objects greater than 15 kgs. or engage in vigorous exercise for a period of 4 weeks.
- Slowly increase your activity levels over this time. Light housework and gardening may be undertaken during this time.
- You may drive your car when you feel confident and safe to do so.

### **Care of Wound:**

- If you have clear plastic dressings, leave in place until your review appointment. These are waterproof and you may shower as normal.
- Only remove your dressings if they get wet or come off. Cover wound area with clean dressing if necessary.
- Any sutures will be removed at your follow-up appointment with your Surgeon.
- If you have had a hernia repair some bruising and swelling around the wound and/or genital area is quite common.

### **On-going Care:**

- An appointment will be made for you prior to discharge from Hospital. If not, please call our Rooms on **9760 2777** to arrange your post operative appointment.
- Notify the Rooms:
  - if you experience any problems with your wound, including abnormal redness, pain, or discharge.
  - You develop a fever, or get hot/cold flushes.
  - Your pain is not being relieved by the analgesia you are using.

### **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.