

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

Orbera® Intra gastric Balloon

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

Day _____

Date _____

Time _____

DISCHARGE INSTRUCTIONS: Orbera® IntraGastric Balloon

Please note:

Until the Day following your Procedure 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 / Anti-nausea :

- Take medication as prescribed to control nausea and abdominal discomfort.

Diet:

- For the next 24 hrs take cold fluids only, according to the Dietician's advice.
- Progress to nourishing fluids the next day as tolerated, and increase texture of foods to puree over the week.
- 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. (Commence Day 2/3)
- After this fluid phase you will progress on to more solid food as advised by the Dietitian.

Activity:

- Gently mobilize around at home over first few days increasing your activity level each day as tolerated.
- You may drive your car when you feel confident and safe to do so.

On-going Care:

- **If you have uncontrolled nausea or vomiting it is imperative that you contact our Surgeon on Call via our call service on 9760 2777 or attend the nearest A&E dept.**
- **You will receive a follow up phone call from our Nurse on the morning following the Procedure**
- Your follow-up appointments will have been made prior to your Procedure date. If you are unsure of these dates please contact your Surgeon's Rooms on **9760 2777** to confirm them.