

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**



LAPSurgery®
AUSTRALIA PTY LTD

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

DISCHARGE INSTRUCTIONS

Lap/Open Abdominal Procedures Inc. Stoma Formation/Closure

- 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 _____

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Analgesia:

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

Diet:

- There are no dietary restrictions, although you should aim to eat nourishing, healthy foods. If you have a stoma, be guided by the advice of the stomal therapists.
- Avoid constipation by increasing your fluid and fibre intake.
- Take a laxative only if needed. Eg. Metamucil, Fybogel, Benefibre.

Activity:

- Avoid lifting heavy objects greater than 10 kgs. or engage in vigorous exercise for a period of 4-6 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 dressing if it gets wet or comes off itself. Cover wound area with clean dressing if necessary.
- Any sutures or staples will be removed at your follow-up appointment.
- If you have a stoma, you will be advised on wound care before discharge. If you have any concerns at all please contact your Surgeon's Rooms or the Stoma Nurse at the Hosp. where you had your Surgery.

On-going care:

- An appointment will be made for you prior to your discharge.
- 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.