

LAPAROSCOPIC GASTRIC BANDING

MR CICHOWITZ

It is recommended that you observe the following instructions:

1. A Waterproof dressing has been applied to your wounds which should stay intact for at least 5 days. You may shower, but do not soak in a bath.
2. You will be on a liquid diet for about two weeks then a mushy/sloppy diet for another two weeks.
3. Pain relief – there may be some discomfort or you may experience shoulder tip pain. This is from the diaphragm, which may have been irritated by the carbon dioxide gas used to distend the abdomen for laparoscopic surgery. This should settle over the next 12-24 hours. This can be minimised by taking the medication that you have been given to take home with you from hospital. Panadol or Panadiene and Nurofen should be all that is required for pain on discharge.
4. Avoid constipation. You may take a laxative such as Agarol 15mls at night (available at pharmacies without prescription) if required to keep your bowels moving.
5. There are no particular restrictions on what you may do. Physical activity is allowed you will do no damage to your operation. We encourage you to return to normal activities or work whenever you wish.
6. Physical activity is encouraged but avoid heavy lifting (>10 kg) or straining for at least a month.
8. An appointment will be arranged for you for review.
9. Special instructions from your Surgeon.

Should you have any other concerns, Mr Cichowitz can be contacted on 5721 4366 or ring Wangaratta Private Hospital on 5723 0950