

LAPAROSCOPIC CHOLECYSTECTOMY

MR CICHOWITZ

It is recommended that you observe the following instructions:

1. Activity Restrictions – exercise should be increased as tolerated. Avoid heavy lifting (>10KG) or straining for at least a month.
2. Waterproof dressings have been applied to your wounds. You may shower with these dressings on, and pat them dry with a towel. Your dressings should remain on for at least 5 days.

In the event that the dressings fall off, leave the sites open. Band-aids may be applied to the sites if the wounds are separating.

3. You may experience some pain – if no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen which are available over the counter from any chemist. While taking medication for pain, it is important to drink at least 2 litres of fluids as some medications can cause constipation. If this becomes a problem, you may require aperients, which can be obtained from any chemist without a prescription.
4. Please report any of the following to your Surgeon
 - Temperature above 38°
 - Excessive pain
 - Redness near your stab sites
5. A review appointment will be arranged for you to see your Surgeon.
6. Continue to wear your TED stockings until you are fully mobile.
7. 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