

Post-Operative Instructions for Laparoscopic Surgery

**General Instructions:**

1. **Diet:** No restrictions. Start with bland food and work your way up to your normal diet
2. **Activity:** No lifting more than 20 lbs. until you follow-up in the office
3. **It is recommended** that you walk a normal amount to prevent blood clots and pneumonia
4. **Incision care:** If you have skin glue, it is ok to shower over the incisions the day after surgery.  
Do not soak in a tub or scrub the incisions. Pat dry after shower
5. **Follow-up:** Call (816)254-9292 in the next 2-3 business days to schedule a follow-up appointment at about 10-14 days after the day of surgery

**Things to expect:**

1. Pain should improve slowly day by day. The first 1-2 days will be the worst
2. Constipation due to narcotic pills. Take over-the-counter stool softeners and laxatives as needed
3. Skin glue will start to flake off in the shower in about 10-14 days
4. Bruising may occur around incisions

**Call the office for:**

1. Pain that is increasing day by day
2. Fevers greater than 101.3
3. Skin/eyes turning yellow
4. Heart feels like it is racing
5. Worsening fatigue