

LAPAROSCOPY DISCHARGE INSTRUCTIONS

Record your temperature every 6 hours for 5 days: on arising, 12 noon, 6pm and just before going to bed.

- If your temperature is greater than 100.4° F, notify your surgeon.
- Drink at least six glasses of liquid during the first 24 hours.
- Begin a regular diet after 24 hours.
- Have a responsible adult assist and stay with you for the first 24 hours after surgery.
- You may remove the Band-Aid dressings from your abdomen after 24 hours. Leave the steri-strips in place for one week.
- Refrain from heavy lifting or abdominal exercises for one week. If possible, avoid stairs for five days. Use the rail, and wear socks but not shoes or slippers on stairs.
- Do not drive an automobile for at least five days.
- No douching, tub baths or intercourse for 2 weeks. You may shower and wash your hair.
- Notify your surgeon if you develop vaginal bleeding heavier than a menstrual period, persistent nausea, fever, vomiting, or increasing pain not relieved by your medication.
- You may contact Dr. George at Phone # 202-291-0039.
- Make an appointment for an office visit approximately two weeks from your surgery date.
- Take medications as prescribed.

Patient's Name _____

I have read and understand the foregoing instructions and agree to comply with them.

Patient's Signature _____ **Date** _____

Witness _____ **Date** _____