

Post - Operative Instructions

Expected pain and management

- During the procedure local anaesthetic was injected into the abdomen which should numb the area for around 6-8 hours following your procedure.
- Post operatively on the ward the anaesthetist will make sure that you are comfortable and that your pain is under control.
- Once discharged you may still feel some discomfort for which you should take;
 - Panadol / Panadeine as directed, and/or
 - Anti-inflammatory e.g. Neurofen as directed.
 - Stronger pain relief such as Panadeine forte/Endone will be prescribed on discharge. These should be used if panadol/neurofen do not control the discomfort. If taking these medications ensure a high fibre diet to counter the potential constipation from the stronger pain medications.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Your dressing will be changed on the ward before you are discharged. You may get this dressing wet and should pat it dry after a shower.
- You may feel that your abdomen is tight and it is difficult to straighten up completely. This will improve over the period of one week.
- An abdominal binder is provided for you. You should wear this for six weeks to help with the swelling. You may remove it for showering and for short periods if uncomfortable.
- If any bleeding occurs upon discharge, apply pressure for 10 minutes and then reassess. Contact WPRS if the bleeding does not cease following these measures.
- If you notice discharge from the wound post discharge please contact the nurses at WPRS for advice.
- At 7 days you will have a post-operative wound check with the nurse at WPRS. All sutures are dissolvable so there will be no sutures to remove. Scar management begins at this stage and is very important. You will be guided by the nurses at WPRS.

Activity

- Avoid any strenuous activity after your procedure for 2 weeks. Particularly heavy lifting, stretching and twisting. For the first 2 weeks you should rest to allow your body to recuperate.
- You should avoid driving for at least 2 weeks. You should only return to driving once you feel safe.
- Between 2-4 weeks post operatively you may return to normal activities as tolerated by your body. Everybody is different so your level of activity should be determined by your comfort.
- You may return to sport and strenuous activity after 6 weeks.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.