

POST - OPERATIVE INSTRUCTIONS

Pain Management

- During the procedure local anaesthetic is injected into the operative site which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
 - Panadol/Panadeine/Panadeine Forte, 2 tablets every 6 hours regularly for the first 48-72 hours.
 - Anti-inflammatory e.g. Nurofen can be used in addition if required.
- If your pain is not controlled with the above measure contact WPRS for advice.
- An abdominal binder (abdominal support) is recommended after the surgery. You are advised to wear this for 8-12 weeks to assist with pain control and support whilst you heal.

Wound Care

- If you have a dressing in place then please keep in place, unless you are informed otherwise. Certain dressings can be wet and patted dry.
- Bruising and minimal swelling can be expected sometimes around the wound but this should remain stable and improve in following days.
- If any bleeding occurs upon discharge, please apply pressure to the site for 10 minutes and then reassess, if bleeding continues then repeat pressure for another 10 minutes. Please contact WPRS if the bleeding does not cease with these measures.
- Small amounts of ooze from your wound is normal. Please consult WPRS if you are concerned by the amount or type of discharge.

Activity

- Gentle home activity is recommended for the first 2-4 weeks.
- Avoid heavy lifting, strenuous exercise or activity for 6 weeks.
- After 2-4 weeks following your surgery you can consider returning to driving, if you feel comfortable and safe to do so.
- Exercise your ankles & calves whilst in your recovery to minimise your risk for DVT ie. Pedalling them back and forth, gentle walks.

Diet

- After most abdominal surgeries, the gut experiences some form of paralysis (laziness). This manifests in the form of bloating, nausea and/or vomiting. Pain medication can contribute to this, therefore use pain medication as prescribed with a high fibre diet.
- Gut motility/activity also differs from person to person. For this reason, we cannot give strict guidelines.
- Normally start with clear fluids after surgery or the next day. We progress to full fluid/light diet in the following day or two.
- Day 2-3 As your gut starts to work (rumble) and you have bowel actions, you can gradually pace yourself back to your normal diet. This doesn't mean you can eat what you want when home. You will still need to be gentle on the gut and take it easy and slow with the reintroduction of oral intake.

Follow-up

- Day 7-10 post procedure you will have a post-operative appointment at WPRS.
- WPRS staff will have attached an appointment card to this handout advising you of this. If you haven't received a card or appointment, please contact the WPRS rooms on (03) 5562 5330.

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

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.

- After hours you may leave a message or your call will be diverted to the on-call Surgeon.

In the unlikely event you are unable to contact staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.