

Uthaiah Kokkalera, MD

Advanced Minimally Invasive Surgery, Robotic Surgery, Trauma and Acute Care Surgery
18250 Roscoe Blvd #335, Northridge, CA 91325 • Ph 818-700-7900 • Fax 818-700-7901 • info@mroboticsurgery.com

POST OPERATIVE DISCHARGE INSTRUCTIONS

For patients who have undergone **Outpatient** Laparoscopic Or Open surgery. (For eg., Laparoscopic Inguinal Hernia, Ventral or Incisional Hernia, Laparoscopic Cholecystectomy, Laparoscopic Appendectomy)

1. **Dressings:** Remove band-aids or dressings 48 hours after surgery. Leave Steristrips (white paper strips) .. they will fall off over time and if they don't, then they can be removed 5 days after surgery. May **shower** 48 hours after surgery (No Bath) .. Let water and soap run on the wound and dab the wounds dry after shower.
2. If there is "**glue**" on the wounds, then you may shower the next day.
3. **Pain** control: (unless allergy)
 - a. Tylenol 500mg every 4 hours for the first 2 days after surgery
 - b. Ibuprofen 600mg every 8 hours after food for the first 2 days after surgery
 - c. The best thing to do is alternate between Tylenol and Ibuprofen every 4 hours. First start with Ibuprofen, then 4 hours later take Tylenol and so on.
 - d. If the above 2 medications don't work, substitute the Tylenol with 1 or 2 of the medications that have been prescribed on discharge.
4. **Driving** : Patients may drive if not taking **any** pain medications for the last 24 hours.
5. **Lifting:** NO more than 10lbs for the first week. If hernia repair, no more than 10lbs for 2 weeks. If it hurts, don't do it!
6. It is **OK** to climb stairs, unless unable to do so due to other medical conditions.
 - a. Avoid sitting for prolonged period of times. Walking helps with better circulation and can prevent blood clots in the legs.
7. If discharged home with an incentive spirometer, please use the device every hour. 10 breaths/hour.
8. **Signs** to watch for
 - a. Redness in the wound or foul smelling discharge from the wound (wound bruising, changing colors from blue to yellow is normal)
 - b. Fevers
 - c. Severe pain that is new and not controlled with the above pain medications
 - d. Vomiting
9. **Follow up:** Please call (during business hours Monday – Friday 9A to 5P) **1-818-700-7900** for follow up appointments. Most follow up is arranged for 2 weeks after the date of surgery. Also call this number if you have any questions.
10. **Bowel Regimen:** Pain medications can cause constipation. If unable to have a bowel movement in 2-3 days then, common over the counter medications can be used, including Milk of Magnesia, Mag Citrate, Dulcolax, Colace etc.
11. Getting **Back to work:** Usually when pain free and feeling upto it. If work involves lifting heavy weights, then avoid for 10 days after surgery. The earlier you return to work, the quicker the healing.