

**Daniel G. Turgeon, M. D., F. A. C. S., P.L.L.C.**  
**Karim S. Trad, M.D., F.A.C.S.**  
**Suite 312 • 1800 Town Center Drive**  
**Reston, Virginia 20190**  
**Phone: 703-796-0370 • Facsimile: 703-796-0373**

## **Patient Instructions**

### **LAPAROSCOPIC SURGERY**

---

Remove dressings **the day after surgery.**

Begin showering normally, **the day after surgery.**

You may bathe gently over the incisions with soap and water.

Redress with small dressing or band-aids as necessary.

**Do not apply any ointments to wounds** (including but not limited to antibacterial creams.)

**No aspirin products, Ibuprofen, Advil or Aleve please.** Use only Tylenol for discomfort – one or two tablets every four hours as needed.

For more severe pain, use the prescription pain medication as directed.

Use a soft diet as your base and begin to experiment with other foods, one at a time. Soon, you should be able to eat almost anything you like. Avoid constipation by using a stool softener such as Surfak 240 mg., or generic equivalent, with dinner daily for a few weeks.

Watch for fever greater than 101 degrees or excessive pain, swelling or drainage from the incision. Call me if you have any problems.

Make an effort to be as active as you can but do not do any heavy lifting or engage in sports. You may drive as soon as you feel comfortable enough to operate the car. Do not do anything to put unnecessary stress on the muscles of the abdomen. At first, take stairs slowly, one at a time.

You can expect some minor discomfort in the incisions that should be controlled by pain medication. Your strength and energy will seem less than usual for a few weeks but will gradually build back up to normal. It is normal to feel strange sensations around the incision sites for several months while they are healing. I will be checking these things when you come to the office.

Use a mild laxative such as Milk of Magnesia at bedtime if your bowels do not move for more than two days.

Please call my office on the next working day and make an appointment to see me in a week to 10 days.