

## Post Operative Check List

### Have I got prescriptions for

- ✓ Analgesia
- ✓ Anti-emetics
- ✓ Adequate dressings

### Do you have any of the following symptoms?

- ✓ Pain
- ✓ Swelling/inflammation
- ✓ Weeping/oozing wounds
- ✓ Rise in temperature
- ✓ Redness
- ✓ Breathlessness

Your health and well being is a priority to our practice. If you have any concerns regarding your post operative care please do not hesitate to contact our rooms.



## Emergency Contact Details

### BUSINESS HOURS Rooms

Phone 07 3834 7080  
Fax 07 3834 6148

### AFTER HOURS Shirley Lockie

Peri-operative Nurse Surgical Assistant  
MClinScPNSA  
Phone 0415 044 955

### YOUR GP DETAILS

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### Priority Emergency Centre

St Andrew's War Memorial Hospital  
457 Wickham Terrace  
Phone 3834 4455



### Dr Philip Lockie

MB BCh MPhil FRCSI (Gen) FRACS  
ABN 49 576 039 451 Provider No. 248127 EW  
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# Post Operative Care Instructions Laparoscopic Surgery

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# Post Operative Care Instructions Laparoscopic Surgery

Please find enclosed in this leaflet information regarding the immediate and subsequent post operative care instructions for your recovery.

Please note these are guidelines only. If you have any concerns regarding your post operative care please contact our rooms on the enlisted numbers.

You have had a laparoscopic procedure with Dr Philip Lockie. This is a surgical procedure involving the insertion of laparoscopic instruments into the body cavity. Several incisions will have been made to achieve this.

Your wounds will have been infiltrated with a local anaesthetic which numbs the surgical incisions. This anaesthetic will subside within 24hrs.

At this time you may experience some of the following:

- ✓ Pain/Discomfort
- ✓ Tenderness
- ✓ Swelling

**DO NOT be alarmed** this is to be expected. At this time you are to commence pain relief. This is to be taken strictly as advised.

## Medications

Please resume your normal medication regime unless otherwise advised by Dr Lockie.

After your procedure you will be given a prescription for analgesia (pain relief) and/or anti-emetic (anti-nausea) medication.

This prescription is to be filled immediately after your procedure and can be done at any chemist.

Start taking these medications as directed by Dr Lockie and the Pharmacy.

## Dressings

After surgery your wounds will be dressed. These dressings are to remain on for 4 days and can be removed while in the shower. Your sutures will be absorbable unless you are otherwise informed.

A waterproof dressing (Comfeel) is required which, can be purchased at most chemists.

## Deep Venous Thrombosis

We recommend you continue to wear TEDs until fully mobile. High risk patients will have been prescribed blood thinning injections

## Post Operative Exercise

- ✓ Return to normal daily activities
- ✓ No lifting for the first 2 weeks
- ✓ Light weights can be lifted (to the equivalent weight of a small shopping bag) for the subsequent 4-6 weeks

Review by Dr Lockie at 4-6 weeks and further specifications will be advised upon review.

## Infection Indications

Although a certain amount of discomfort and swelling is to be expected post operatively it is important to keep a watchful eye on the surgical wounds. If you experience unexplained or inordinate:

- ✓ Pain
- ✓ Swelling/inflammation
- ✓ Discomfort
- ✓ Weeping/oozing wounds
- ✓ Rise in temperature
- ✓ Incisions are hot to the touch
- ✓ Redness
- ✓ Breathlessness.

If these symptoms occur it is imperative that you contact Dr Lockie's rooms