

## Advice on Discharge: Laparoscopy

### Pain

You may experience some pain in your shoulders and ribs. This is due to the introduction of gas into your abdomen during your operation. Please take pain relief regularly for the first 48 hours as prescribed by the doctor. **Do not exceed stated dose.** Also, a hot water bottle to the area may reduce pain.

### Stitches/Dressings

You will have dissolving stitches these should dissolve after 7 to 14 days. If you are concerned about your wounds please visit the nurse at your doctors' surgery. **You can remove your dressing two days following surgery.**

### Washing

You may have a bath/shower on the day after your operation but make sure you dry the wounds thoroughly.

### Rest

Please rest for the next 24 – 48 hours, work may be resumed when you have adequately covered.

### Queries and Worries

You need to be aware of the following symptoms as they may show that you have a serious complication:

- Pain that gets worse over time or is severe when you move, breathe or cough;
- A high temperature or fever;
- Dizziness, feeling faint or short of breath;
- Feeling sick or not having any appetite that gets worse after the first one or two days;

If you do not continue to improve over the first few days or have any of these symptoms, let a member of the healthcare team know straightaway. If you are at home, contact your GP or go to the nearest accident and emergency department or call an ambulance.

If you have any queries, or are worried about your condition you can either contact your GP or NHS Direct on 0845 4647. Tavistock ward is open between 08:00 and 19:30 hours Monday to Friday, Tel: 01234 792270.

If you wish to commend the ward or make a complaint following your stay please contact PALS (Patient Advice and Liaison Service) 01234 795814 and they will assist you in this matter.