



# WINNETT

specialist group

## LAPAROSCOPIC PROCEDURES INC ENDO/OPEN HERNIA REPAIR/ LAP CHOLECYSTECTOMY/ OPEN & LAP APPENDICECTOMY

### DISCHARGE INSTRUCTIONS

#### MR J WINNETT

##### Diet

There are no dietary restrictions. However, aim to eat nourishing healthy foods. Avoid constipation by increasing your fluids and fibre intake and take laxative only if needed (e.g. Agarol, Metamucil, Fybogel).

##### Activity

Move gently around at home for the first few days and gradually increase your activity level each day as tolerated. Light aerobic activity, housework and gardening may be undertaken during this time.

Avoid lifting heavy objects greater than 10kgs or engaging in vigorous exercise for a period of 6 weeks. You may drive your car when you feel confident and safe to do so.

##### Medications

Take soluble Paracetamol/Panadeine or prescribed analgesia 2 tablets, every 4 - 6 hours or as required. Do not drive or operate machinery if taking prescribed medication.

## Wound care

Your dressings will be changed prior to discharge from hospital. They are waterproof and you can shower with them in place. Leave intact until your review appointment, if there is any sutures present these will be removed by Mr Winnett at your post op appointment.

It is very important that your wounds do not become infected. If you have had a hernia repair some bruising and swelling around the wound and/ or genital area is quite common.

If there is any redness, discharge or pus coming from the wounds, contact Mr Jason Winnett's Rooms on 9417 1555 or page Mr Winnett on 9387 1000 if afterhours. Follow these instructions if you at anytime experience severe pain.

## Follow-up care

Your follow-up appointments will have been made prior to your surgery date. If you are unsure of these dates please contact Mr Jason Winnett's Rooms on 9417 1555 to confirm them.

If you have any concerns regarding your surgery you are able to contact the rooms at any time during office hours 9am - 5pm, Monday to Friday or after hours on Mr Winnett's paging service 9387 1000.

## After hours contact

Call 9417 1555 and a recorded message will give you details of how to contact the surgeon on call, who will assist you with your concerns.

If you are unable to contact the surgeon on call, go to the Emergency Department of Western Private Hospital. There will be an out-of-pocket cost for this visit.

