



Denver Center for Endocrine Surgery, LLC

4700 E Hale Pkwy, Suite 210 • Denver, CO 80220 • T 303.407.0280 F 303.407.0284
www.denverendosurgery.com

Laparoscopic Postop Instructions

WOUND CARE AND ACTIVITY

- You may take your Steri-Strips (tape strips) off **2 weeks after surgery**.
- Do not soak in a tube for at least two weeks after surgery.
- It is normal to have some bruising, swelling, and pain at the incision.
- Minimize sun exposure and avoid sunburn for one year.
- Avoid heavy lifting (>20 pounds) and sports for 2 weeks after surgery.
- Perform deep breathing and coughing to prevent pneumonia. Splint (hug your abdomen) when coughing or sneezing.
- You should walk 5-10 minutes every hour that you are awake.

PAIN MANAGEMENT

- Ibuprofen (Motrin/Advil) or naproxen (Aleve) may be taken as directed.
- You may drive when you are no longer taking prescription pain medication.
- You may have pain in your shoulder area. This will improve over time. Deep breathing and walking will help.

DIET AND CONSTIPATION

- Constipation is very common after surgery and can be worse with the use of pain medications. Drink plenty of water (8-10 glasses per day).
- You may eat a normal diet unless otherwise instructed to do so. Your appetite may be decreased for a week or more. If you are not tolerating regular meals, try to eat small amounts every 2-3 hours.
- If needed, you can take a stool softener or mild laxative (e.g., Milk of Magnesia or Miralax) once or twice per day with a glass of hot liquid (tea, coffee, etc.).

PATHOLOGY: Provided copy today or we will mail to you in the mail if not yet available.

Follow-Up: _____ in 4-6 weeks for additional labs and medical management.

- You can schedule a 3-month scar check with us if you would like.

WHEN TO CALL OUR OFFICE:

- Fever higher than 101 degrees or any concern for infection (redness, pus coming from the wound).
- Trouble passing urine.
- Severe pressure or swelling at your surgery site (bigger than an orange).
- Severe vomiting or diarrhea.



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