

Nonnie M. Estella MD, PC  
295 Varnum Avenue  
Lowell, MA 01854  
978-459-8300

## POST OPERATIVE CARE AFTER LAPAROSCOPY

At the time of discharge from the hospital you received a prescription for a non-steroidal anti-inflammatory and a narcotic analgesic. You should consider taking the Motrin product every 6 hours as prescribed and using the narcotic for any break through pain. Combining these two products improves the level of comfort and the duration of the pain relief.

Do be aware that narcotic analgesics interfere with your muscular coordination and thinking process. You should not be operating any vehicle or machinery, i.e. no driving while taking these medications.

Anesthesia tends to cause gas retention, please utilize Gas-X during the first 24-48 hours following your surgery to minimize your discomfort.

You may shower, but please avoid pools, ponds, hot tubs, etc. for 48 hours. You can remove all bandages 1 week from the day of surgery.

Avoid any heavy lifting, or lifting greater than 15lbs for 48 hours. Avoid straining or lifting, pushing instruments such as vacuums for 48 hours following surgery.

Do walk and do stairs as tolerated. Do continue a normal, healthy diet.