

Claremore Surgeons, Inc.
Lawrence C. Brotherton III, M.D. L. Kyle Hrdlicka, D.O.

General Laparotomy Post-Op Instructions

Diet

- Try to drink plenty of fluids and follow the diet recommendations of your doctor.

Incision Care

- If Steri-Strips were used:
 - You may shower.
 - The tapes over the incisions stay on for up to 7 days, and then you can remove them.
- If Dermabond (skin glue) was used:
 - You may shower now, but do not vigorously scrub the incisions.
 - The Dermabond will flake off in 7-10 days. Do not pick at the incisions.
- If you have skin staples still in they will be removed at your follow-up visit. You may shower.
- Avoid immersing the incisions in a bathtub, pool, or hot tub for 2 weeks.

Medications

- You will be given a prescription for a narcotic containing pain medication such as Percocet or Lortab. Take them with food and plenty of water. They can cause drowsiness and nausea.
- Your pain medications may cause you to become constipated. Should this happen, take milk of magnesia, 1 oz at bedtime. You may also use over the counter stool softeners like Colace.
- Do not drive or operate heavy machinery, or make important decisions while on the medications.
- Resume your other normal medications unless instructed otherwise by your doctor.

Activity

- Get up and walk at least three times a day.
- You may drive when you are off the narcotic pain medication for 24 hours, and pain-free enough to be able to push the brake pedal with force if necessary to stop quickly.
- Avoid lifting objects over 10 pounds, or pushing/pulling heavy objects for the first 6 weeks after the operation to reduce your chances of developing a hernia. Please discuss resuming exercise programs beyond simple walking with your doctor before resuming them.
- Other activities are fine so long as you can perform them without causing discomfort.

Follow-Up Appointment

- Call my office at 341-5311 to schedule a follow up appointment in 2 weeks if not already done.

Call our office at 341-5311 during business hours or the hospital after hours at 341-2556 if:

- Fevers 101°F or higher.
- Spreading redness, swelling, or drainage (bleeding or pus) from the incision sites.
- Worsening abdominal pain, persistent nausea, vomiting, or constipation.
- Any other questions or concerns that may arise pertaining to the operation.
- In case of emergency, go to the Claremore Regional Hospital Emergency Room

I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS

_____ Patient/Guardian Date _____