



LAPAROSCOPIC SURGERY

DIET As recommended by your doctor:

- Eat healthy foods, include fruits & vegetables avoid junk food and carbonated drinks.
- Avoid Caffeine, Alcohol, Citrus and tomato products for **1-2 weeks**.
- Be sure to increase the water intake.

WOUND CARE:

- Keep the wound always clean and dry, after shower be sure the wound is dry.
- After **2 days** you can leave the wound open.

GENERAL INSTRUCTIONS:

- Avoid swimming for **1- 2 weeks**.
- Continue the medications as ordered by your doctor.
- Avoid lifting the heavy objects.
- Manage the stress and take rest.
- Mobilization - To prevent Deep Vein Thrombosis DVT.
- Use incentive Spirometry- for breathing exercise.
- Follow your doctor's treatment plan as advised.

WHEN TO CONTACT THE BSH EMERGENCY ROOM/DOCTOR:

- Increased drainage from the wound
- Increased redness, swelling around the operated area
- Foul Smell from the wound
- Fever greater than 38 degree Celsius
- Uncontrolled pain
- Sudden chest pain/ shortness of breath
- Vomiting
- Constipation

1781 2111



Bahrain Specialist
Hospital & Clinics



**BSH APOLLO
HEART CENTER**
HEART INSTITUTES



HEALTH

VISION 2030 FORUM