

Laparoscopic Urologic Surgery

HOME CARE INSTRUCTIONS

You may shower every day but do not sit in a tub of water. Pat incisions dry after your shower.

Walking is good exercise to help you regain your strength and prevent complications. You may climb stairs and do other kinds of normal activities that you feel you can do safely.

You may remove the Steri-strips from your incision in 14 days if they have not fallen off.

Do not drive if you are taking pain medicine.

Take extra-strength Tylenol for pain. If you have more severe pain, take the pain medicine that was prescribed for you.

This medicine may cause constipation. To control constipation, take Milk of Magnesia or Mag Citrate, which can be bought without a prescription. Also, drink six to eight glasses of water a day and make sure your diet includes fruits, vegetables and whole grain foods.

Call your doctor if you have...

- fever higher than 101 °F
- redness around your wound and increased tenderness
- nausea or vomiting that gets worse
- any other problems or questions

DOCTOR _____ (615) 322-2880