

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

*Thank you for helping us ensure quality care.*

**Lake of the Woods District Hospital**

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

**DISCHARGE  
INSTRUCTIONS  
FOR  
LAPAROTOMY**

1. Consume a diet high in protein to promote healing. (if able to) If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Increase intake of fluid and fiber to avoid constipation. Laxatives may be used for constipation but please discuss this with your surgeon first.
3. **Do not lift anything heavier than 10 pounds** (6 kg) for 6 weeks or as otherwise directed by your doctor.
4. Avoid having a bath until steri-strips, staples and drainage tubes are removed. **You may shower.** When showering, avoid saturating the incision with water while steri-strips are in place. Pat the incision dry. Avoid using soaps, powders and lotions.
5. You may leave your incision exposed to air or cover with a light dressing for comfort.
6. Resume medications as before your procedure unless otherwise advised.
7. Resume normal activity as tolerated and as directed.
8. Take your prescribed pain medication as directed for discomfort.
9. Your physician will advise you when you may return to work.
10. If you have steri-strips along your incision, you may remove them in 1 week.

11. **If you have been given anesthesia or sedation;**
  - Do not drive or operate machinery for 24 hours.
  - Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
  - Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
  - Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours after your procedure.
  - **You must have an adult with you tonight at home.**
12. **Go to an Emergency Department** if any of the following occurs:
  - Excessive pain not relieved by medications.
  - Redness, swelling or drainage of pus from incision
  - Elevated temperature (over 38°C or 100°F)
  - Persistent nausea or vomiting not relieved by over the counter medications.
  - Bladder difficulties
  - Unusual bleeding
  - Unusual cough or shortness of breath
13. Make an appointment to see Dr. \_\_\_\_\_  
 in \_\_\_\_\_ Phone number \_\_\_\_\_

**If you have any questions,  
do not hesitate to call your doctor.**

Special Instructions:

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