



NEW YORK UNIVERSITY SCHOOL OF MEDICINE

Michael Stifelman, M.D.
Assistant Professor
Department of Urology

150 East 32nd Street, 2nd Floor
New York, NY 10016
Telephone: (646) 825-6300
Facsimile: (646) 825-6399

Laparoscopic Surgery Post-operative Instructions:

Activity:

You may resume all normal activity including walking outside, climbing stairs and going out for dinner. It is normal to feel tired for several weeks following surgery. Combine walking several times a day with rest. It is important to stay active but don't overstress yourself. You should not resume any form of strenuous activity (jogging, tennis, golf, etc.) until you speak with your surgeon. You may resume driving 2 weeks after surgery. Also avoid sexual contact for 3 weeks or until you feel comfortable. Keep in mind that it may take 4-6 weeks to recover completely from your surgery. How soon you return to your normal activity mainly depends on how strenuous your routine is. Most patients return to work at 4 weeks.

Diet:

- 1- You may resume a normal diet, but we recommend you take this time to reevaluate your eating habits to include:
 - low salt
 - low fat
 - moderate protein
- 2- You should drink an extra 8 oz glass of water 3 times a day. You may have 1-2 glasses of wine or other alcohol with dinner, but if so, drink an extra glass of water at dinner and at bedtime.
- 3- Immediately after surgery, eat small amounts of food as often as you like, avoid large meals and foods that may cause you gas.

Medications:

- 1- You should have minimal pain after discharge. In general, Tylenol 650 mg (2 pills) every 4-6 hours is adequate. If this does not relieve your pain or if you are still having pain at the time of discharge, a stronger medication may be utilized.
- 2- Take a stool softener (eg. Colace 100mg 3 times a day). If this results in your stools being too loose, cut down to twice or once a day. Walking and staying active helps to





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keep your bowel movements regular. We therefore encourage you to walk as much as possible without exhausting yourself.

Incisional Care:

- 1- You may take a shower but not a bath (bathing will dissolve your sutures prematurely).
- 2- Your sutures are buried in the skin and will dissolve on their own. We have placed sterile strips across your incision to decrease tension on the wound. The sterile strips should fall off in 7-10 days. If they are still in place after 10 days you may remove them while in the shower and after they have become wet.
- 3- Place vitamin E ointment on the incision site twice daily once the sterile strips have fallen off or have been removed.

Possible reasons for concern:

- 1- If you feel warm, take your temperature. If greater than 101.5 F, call to be seen and/or go to the emergency room.
- 2- If your incision looks infected (yellow/green discharge and/or increased swelling, redness and pain) call to be seen and/or go to the emergency room.

Follow up appointment:

You should be seen for a post operative appointment 3-4 weeks after your procedure. Please E-mail my secretary at kimaura.smith@nyumc.org for an appointment. If you do not have access to E-mail, please call 646-825-6325, option 3.

If you have any questions regarding any information mentioned, please feel free to call the office.

