



# Laparoscopic Lysis of Adhesions

## Post-op Instructions

### 1. Laparoscopic Lysis of Adhesions:

- Clear Liquids for the first 48 hours and advance diet as tolerated afterwards.
- If the lower abdominal incision becomes red and tender, call the office.
- Some swelling at the lower abdominal incision is normal.
- You may see a small amount of blood in your stool for the first week.
- If you have a drain, record the amount and color of the output. It will be removed in the office 5-7 days after your operation. A little leaking around the drain is normal.

### 1. Dressing Care

- **Dermabond® Dressing Care (superglue without a dressing):**

- OK to shower day of surgery.
- Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

OR

- **General Wound Care Instructions for Closed Incisions with dressings:**

- Dressing should be kept dry for 48 hours.
- Remove outer dressing and OK to shower in 48 hours.
- If you have staples, they will be removed in 1-2 weeks after the operation in the office.
- Leave Steri-Strips in place.
- No soaking in the tub or swimming for 1 week.

### Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy, faint, or turn yellow.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication.