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Pre-Operative and Post-Operative Information Sheet for Laparoscopic Surgery

You have been consented for a Surgical Procedure with Dr David Rosen.

Please find below a general overview of the Admission and Post-Operative process for your procedure.

Accounts	<p>The Hospital account is usually your excess associated with your level of cover. Please call your Health Insurer to find out what your excess amount is, this is payable on admission.</p> <p>The Surgeon account is estimated for you in the attached Informed Financial Consent. Please read over this and return to our rooms, along with the deposit, in order to secure your booking.</p> <p>The Anaesthetist for your Surgery is listed in the attached Informed Financial Consent. Please contact them at your earliest convenience to ascertain their charges.</p> <p>The Pathology account will be posted to you following your procedure, and is rebated by both Medicare and your Health Insurer.</p>
Pre-Op Instructions	<p>Laparoscopic surgery requires that the bowel is thoroughly clear in order to provide the best possible view and to minimise damage to the bowel. In order to achieve this, it is necessary that you follow the below instructions to clear the bowel prior to your surgery.</p>
Day Before	<p>Take a light breakfast, then cease eating any solid foods by 10:00am. Then begin Fluid Only Diet – try to drink at least one glass fluids per hour. All fluids are allowed – Water, apple juice, tea, coffee, ice cream, jelly, custard and shakes are allowed. No solid food</p>
Time of Admission	<p>A member of our staff will call you approximately two days prior to your procedure to advise you of your admission time. Please take this information solely from Dr Rosen's rooms</p>
Post-Op Instructions	
Driving	<p>You may drive 24 hours after an anaesthetic. Obviously, if you feel discomfort from your scars or surgery then stop, get out, and do not drive until you feel more capable and able to drive.</p>
Sex	<p>After major laparoscopic surgery, penetrative intercourse is excluded until after your post-operative review.</p>
Exercise	<p>You may exercise when you feel up to it. Dr. Rosen will advise you whether certain exercise are prohibited and for how long, depending on the nature of your surgical procedure. Swimming will depend on the particular operation and you should ask Dr. Rosen specifically about that.</p>
Stitches	<p>Your laparoscopic scars will be closed with an absorbable suture, which is usually under the skin and does not need removal. The dressings are waterproof and can be taken off after 3-5 days. Any visible suture material can be trimmed with nail scissors if it bothers you.</p>
Post-op Appointment	<p>After your procedure, please call our rooms on (02) 9553 6500 to schedule your post-operative visit. This visit is entirely covered by your surgical account and presents with no additional charge.</p>

If you have any concerns in the post operative period, please do not hesitate to contact our rooms during business hours (02) 9553 6500 or your GP / closest A&E outside of normal office hours.