

discharge. You should not drive a car for 24 hours due to the effect of anaesthetic gases. Check with your insurance company as they may have their own guidelines. You may need to avoid some activities including sports for a short period of time. This will depend on your surgery and so please ask when you are discharged if this applies to you.

Food preferable to eat after laparoscopy

After going through this major surgery, it is essential to eat healthy to recover faster. Since eating the right food can avoid conditions like high blood glucose and constipation. Additionally, they are also necessary for increasing the protein content in your body to heal faster. Thus, the required food choices are:

Start with a liquid diet.

It is good to only have a liquid diet after going through the surgery. However, if the physicians find it okay to eat regular food, you can progress with it. The liquid diet food contains all clear liquid varieties of food like soup or broth, milk, curd, pudding, etc.

In addition to these, you can also include cream of rice, creamy soup after straining it, custard, and sherbet. Make sure to avoid food with seeds and nuts. However, if you are lactose intolerant, choose lactose-free options.

Fiber is a must

Please include as much fiber as possible. It is essential for the healing process. High-fiber food not only helps in recovery but it also helps in preventing complications like constipation. Constipation is prevalent after the surgery. It is highly annoying as it increases the pain and even the chances of hospitalization again.

So, add fiber food supplements, such as psyllium husks, and add high-fiber food to your diet. Obtaining fiber from a natural way is proven better. High-fiber food includes:

Whole grain bread: Eat bread that contains whole grain and are dark in color. Refined bread is not a good source of fiber.

Fruits: Fresh fruit contains high amounts of fiber and vitamins.

these symptoms, you should be reviewed by a doctor as an emergency. One of the biggest risks associated with air travel is DVT so a minimum of 10-14 days is recommended before air travel particularly after intra-abdominal surgery. Also, the head and lungs may be sensitive to pressure changes and there is free intra-abdominal air present in many patients after laparoscopy which can persist for up to a week.

You should expect a gradual improvement in your symptoms over time, if this is not the case you should seek medical advice.

Who should I contact if I am concerned about any of these symptoms?

In the first 24 hours you should seek advice from:

- The ED department.

After the first 24 hours you should contact:

- Your GP
- The vip ward in hospital (03131132240)

Most people recover very well following surgery although complications can occur.

It can take longer to recover from a laparoscopy if:

- You had health problems before your surgery i.e. diabetes.
- If you smoke this can delay healing and increase your risk of a chest infection.

If you were overweight at the time of surgery as it takes longer to recover from anaesthesia and may increase the risk of complications such as infection and thrombosis (Blood clot).

- If there were any complications during your surgery.

Getting back to normal

Whilst it is important to take enough rest, you should start some of your normal daily activities as soon as you feel able unless your doctor has instructed you otherwise. Your nurse will advise you if your wound has been closed with skin glue or dissolvable stitches. After bathing pat dry and do not use powders or creams on the area until healed.

Most people will feel able to resume their previous activity levels by the second week following laparoscopy, any special instructions will be given on

When should you seek medical advice after your laparoscopy?

Laparoscopy and operative laparoscopy is now a common surgical procedure, which is generally safe, effective and well tolerated. However, as with any surgical procedure there can be complications and failures. The risk of these is less than 1% (if you are low risk to begin with).

If within 24 hours of being discharged you have any of the following:

- severe abdominal pain
 - vomiting (being sick),
 - a temperature
 - your abdomen (tummy) is getting more and more swollen and increasingly becoming more sore and tender to touch and it hurts badly when you cough
- Please come back to the Emergency Department (ED) immediately for review. These symptoms may have been caused by inadvertent damage to your bowel or bladder which can occur after a laparoscopy.

Shoulder tip pain

It is normal to experience a small amount of shoulder tip pain after a laparoscopy. However, if the shoulder tip pain is becoming worse to the point that it is severe come to ED immediately to be reviewed.

Pain on passing urine or passing urine more frequently

This may be due to a urine infection; treatment is usually with a course of antibiotics.

Red and painful skin around your scars

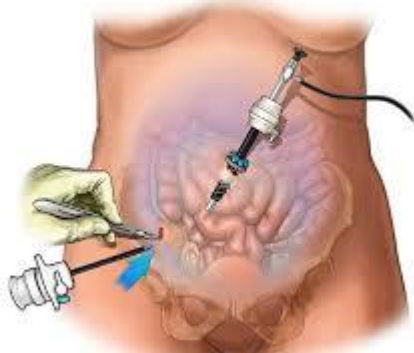
This may be caused by a wound infection. Treatment is usually with a course of antibiotics. However, it is normal to have a small amount of bruising around the wound which will settle in a week or two.

A painful, red, swollen, hot leg or difficulty bearing weight on your legs

This may be caused by a deep vein thrombosis (DVT). If you have shortness of breath, chest pain or cough up blood, it could be a sign that a blood clot has travelled to the lungs (pulmonary embolus). If you have any of



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laparoscopy

embarrassing. But they usually pass within two or three days. However, if the complication increases to abdominal cramping, then reduce the intake level. You can also use a gas reliever such as Beano or Gas X.

Low-fat dairy products

Dairy products can be an excellent source of healing after surgery as they contain a lot of protein. But many people experience constipation after consuming dairy products after surgery. There are also cases which show dairy product enhances the secretion inside the lungs. This secretion may result in chronic cough. Therefore, it is best to avoid the dairy product.

If you can continue consuming dairy products without becoming sick, then consider low-fat dairy products. These products include yogurt, cottage cheese, and skim milk. Avoid low-fat cheese for better protection.

Lean protein for a diet

You will find lean protein in lean meats like turkey, pork, and chicken. Seafood also contains a high source of lean protein. However, avoid red meat as it has a high amount of saturated fat, and it is capable of triggering constipation.

If you don't eat meat and is a pure vegetarian, there are options other than meat from where you can get protein. You can eat beans, tofu, nuts, tempeh, and texturized vegetable protein

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Source: Hull University Teaching Hospitals NHS Trust

Cereals: Every cereal is not rich in high-fiber content. Make sure to check the label before buying it. It should contain high fiber and low sugar. Look that your cereal contains fiber with a name on it. Some famous breakfast names are cream of wheat or oatmeal.

Vegetable: One of the most excellent sources of fiber is vegetables. Moreover, you can purchase it frozen or fresh.

Avoid food that can cause constipation.

Constipation is the common complication that you can suffer after surgery. This complication mainly occurs because of painkillers such as opioids. This medication is frequently used in the days after the surgery for releasing the pain.

However, some food helps in preventing the condition of constipation. In contrast, other foods can make constipation worse. Foods that can cause constipation are:

Cheese: Cheese is rich in fat.

Processed food: Processed food has a high fat and sugar content and a little bit of fiber.

Red meat: Beef and other types of red meat are rich in high saturated fat.

Dried or dehydrated foods: Some examples of dehydrated foods are beef jerky, dried fruits, prunes, and specific potato chips.

A dairy product like milk: Avoid milk and other full-fat dairy product like sour cream and ice cream.

Sweets: Try avoiding sweets like candies, cakes, pastries, and additional sugar content.

Fresh fruits and veggies

Fresh fruits and veggies are high source of fiber and nutrients. Both the content are essential for recovery and are always advisable by the doctor after surgery. However, it does not mean that canned or frozen food is terrible. But try to make out what is right and what is wrong. For example, take fresh broccoli and ignore processed food like canned broccoli soup.

Eating a larger quantity of fruits and vegetables can increase the gas problem, which is often very