



## MR TOM SWEENEY

~GENERAL, LAPAROSCOPIC & GI SURGEON~  
MD, FRACS

### POSTOPERATIVE INSTRUCTIONS FOR MR TOM SWEENEY

#### PAIN:

Pain after surgery is normal. It sometimes increases after being discharged home. Regular, mild painkillers such as Panadol should be taken 3 times a day for the first few days to keep pain to a minimum.

Stronger pain killers may also be prescribed but must be used with caution. They can cause constipation.

Metamucil will help your bowels to work.

Alcohol should be avoided.

If pain becomes severe or unbearable contact the hospital or Mr Sweeney immediately.

#### WOUND/DRESSING

A small amount of blood may appear under the dressing and this is normal. Some bruising and minor swelling are common around the wounds.

You can shower normally unless otherwise instructed.

Waterproof dressings may fall off themselves after a few days and do not need to be replaced.

If they have not come off by 7 days they should be removed and the wound left open.

Do not swim or enter a spa for at least 2 weeks after your procedure.

Redness spreading around the wound may indicate infection- contact the hospital or Mr Sweeney if this happens.

#### DRIVING AND PHYSICAL ACTIVITY

For most operations, driving short distances can commence after 5 -7 days once you have stopped taking strong painkillers.

Heavy lifting and strenuous exercise should be avoided until you see Mr Sweeney in his rooms to discuss your procedure.

Walking may commence as soon as you are home and this is encouraged.

#### FOLLOW-UP

Most patients will have a follow-up appointment with Mr Sweeney made for them. If you are discharged after hours or on a weekend, please contact Mr Sweeney's rooms for an appointment.

