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***Surgeons of Northern Illinois***

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**LAPAROSCOPIC PERITONEAL DIALYSIS CATHETER PLACEMENT  
POST-OP INSTRUCTIONS**

1. Take your pain medicine if needed, as directed. This is not a contest to see who can put up with the most pain. We would rather see you take the medicine and be up and about than see you prove how tough you are but not be able to move. Because less muscles are cut and only small incisions are made, you are likely to experience less postoperative pain than from open surgery, but it may still hurt.
2. Leave the dressing in place for the first week. If it becomes soiled or partially dislodged please secure it with tape and contact your dialysis nurse or our office. Your first dressing change should be done at about 1 week either in our office or at the peritoneal dialysis nurses' office. After your first dressing change keep the area covered with a sterile dressing and change it at least twice a week. Do not shower, bathe or swim during the first month after surgery.
3. Expect some bruising. This can occasionally be spectacular. This looks terrible but will fade away over several days to weeks. There will be no permanent problem from the bruise.
4. Try to be as active as possible, but avoid any heavy lifting or vigorous exercising for one week. You may go up and down stairs. **DO NOT DRIVE** until you are off prescription pain pills and able to perform emergency maneuvers without thinking twice.
5. Eat a normal diet. You may eat whatever was easy to digest before your surgery. Most patients are back to normal diets within a couple of days.
6. If you have a problem having a bowel movement try an “over the counter” laxative such as colace or Miralax. The pain pills can be constipating and many patients are fearful of having a bowel movement after a surgery such as this. Let nature take its course but don't hesitate to give it a nudge if required.
7. Call the office after the procedure to set up a follow-up appointment for about one week after your surgery.
8. **DON'T HESITATE TO CALL US IF YOU HAVE ANY QUESTIONS OR PROBLEMS.**