



### The operation at a glance: TAPP / TEP

<b>Preparation:</b>	- Possibly pause blood thinning medication after consultation with the surgeon. - Stop consumption of nicotine and alcohol, if possible.
<b>OP duration:</b>	for unilateral OP 30 to 45 min., for bilateral OP 45 to 60 min.
<b>Operation type:</b>	minimally invasive
<b>Applied technique:</b>	TAPP / TEP, with mesh
<b>Anaesthesia:</b>	General anaesthesia
<b>Pre-op:</b>	- Blood count
<b>Hospital stay:</b>	2 days
<b>Getting up:</b>	possible immediately
<b>Showers:</b>	possible immediately, as our dressings are waterproof.
<b>Bathing, swimming, sauna:</b>	possible again after 10 to 14 days
<b>Sexual intercourse:</b>	allowed as long as you do not feel pain.
<b>Able to work:</b>	Sitting activities are possible again after a few days. Physical work-activities are only allowed after 2 weeks.
<b>Sport / training:</b>	You must not jog or ride a bicycle for 2 weeks after the operation. Everything else, including lifting heavy loads, is allowed as long as you do not experience any pain.
<b>Follow-up care:</b>	Do not apply ointment to the scar for the first 7 days. Then protect the scar for 3 months from direct sunlight and care for it with scar cream.  Often after an abdominal operation, the abdomen is slightly distended or thicker. This will disappear after about 2 weeks. Avoid pressing and hard stools for the first few weeks. If necessary, take a mild laxative.
<b>Follow-up:</b>	An ultrasound check takes place after 6 weeks. If complications arise, please contact us.