

LAPAROSCOPY DISCHARGE

INSTRUCTIONS

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What to expect:

- 1) You will notice several incisions covered by band aids. A small amount of bleeding from these incisions is normal.
- 2) You may have mild abdominal bloating. This is because the gas used to distend your abdomen temporarily stretches your stomach muscles; most of the gas, however, is removed at the end of the procedure. This distension will lessen after several days.
- 3) Some people experience abdominal or pelvic cramping for several days after the surgery. This is due to any pelvic surgery performed through the laparoscope, residual gas, or bowel cramps.
- 4) Nausea and mild vomiting are normal for the first day after surgery. The anesthesia is usually the culprit. If you develop severe nausea and vomiting 2 or more days after the surgery, please call the office.
- 5) You will probably be tired for the first day or so following your laparoscopy. This is a normal response of your body following surgery.
- 6) Some vaginal bleeding after surgery is normal. This is because of the instruments used during surgery. If bleeding is heavier than a normal period, call the office.
- 7) If IV fluid was left in your abdomen following surgery (to prevent adhesions) you may notice leaking of this fluid from your incisions. This is to be expected and is not a problem.

What to do:

- 1) You may shower or bathe the day following your surgery. The band aids may be removed after this shower. Do not scrub over the incision areas. The suture in the incisions will dissolve in one to two weeks. If the suture is irritating, it may be removed after one week with a gentle tug or nail scissors.

2) Take it easy for the next 2 days, then gradually increase your activity as tolerated. If it hurts, don't do it. Avoid driving for 3-4 days, heaving lifting (over 15 pounds) for two weeks, and intercourse for one week. If you **did not** have a hysteroscopy/D & C, you may have intercourse when you feel like it. Otherwise you will need to wait for one week unless specified otherwise.

3) Diet: start with clear liquids, then gradually advance your diet to solid foods as tolerated (i.e., begin with water or clear soft drink, then pudding or jello, next try crackers or toast, then a regular diet). Don't rush into eating regular food--if your stomach isn't ready, you may worsen any nausea and vomiting.

4) No tampons or douching for one week.

5) You may be prescribed pain medicine for after the surgery. Take this as directed. After the prescription runs out, Ibuprofen (Advil, Nuprin, Motrin) or Acetaminophen (Tylenol) or other over-the-counter pain medications should be sufficient.

6) **CALL** for an appointment for 2 weeks after the surgery (if not already made). The surgery and findings will be discussed and your incisions inspected at this visit. Any questions or problems will also be addressed at this time. If biopsies were taken you will be called with the results 3 to 5 days after the surgery.

CALL THE OFFICE IF YOU DEVELOP:

severe pain

severe nausea and vomiting

heavy vaginal bleeding (heavier than a period)

fever greater than 101.0⁰ orally