

Post Operative Instructions: Laparoscopy

After coming home from the hospital, we recommend that you relax for the remainder of the day. It is recommended that you have someone stay in the house with you. As a result, of the surgery and anesthesia, you may experience some discomfort, including mild shoulder, abdominal and neck pain for approximately 24-72 hours. Acetaminophen or Ibuprofen and a heating pad usually will relieve this discomfort. A prescription medication can be filled for pain, if needed. If you have a slight sore throat, salt water gargles and antiseptic throat lozenges, such as Cepacol or Chloraseptic will relieve these symptoms.

You may have a variable amount of bleeding from the vagina for the next few days. Use sanitary napkins to handle this. **Do not use tampons.** If you did not have a D&C, you may resume sexual intercourse after the bleeding has completely stopped. This is usually about three days.

The following day, remove the band-aid covering the abdominal incisions the morning after surgery and clean with soap and water when showering. The sutures (stitches), which have been used, dissolve over time, so suture removal is not necessary. Activities can usually be resumed within 24-48 hours. However, do not do any heavy lifting (greater than 20 pounds) within the first week.

Call the office in a few days and let us know how you are doing, and to set up an appointment in two weeks.

If any of the following symptoms occur, call immediately:

Severe abdominal pain, unresponsive to medication

Fever greater than 100.5

Redness, swelling, or drainage from the incision

Severe vaginal bleeding, soaking pads every 15-30 minutes

Persistent Vomiting