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POST OPERATIVE INSTRUCTIONS for LAPAROSCOPIC PROCEDURES

1. THINGS TO EXPECT:

Many women experience a sharp pain or ache in their shoulders, neck or chest during the first 24 – 48 hours following surgery. You may notice some abdominal bloating. It is normal temporary side effect of this procedure. It will disappear, without treatment, within two or three days.

2. THINGS TO CALL ABOUT:

- a. Temperature of 100.4 or above. Take your temperature if you feel warm or have chills.
- b. Bleeding that is heavier than a menstrual period. (Soaking more than one sanitary pad in less than an hour.)
- c. Severe abdominal pain not relieved by your prescribed medications.

3. ACTIVITIES:

- a. Limit strenuous activity for the first two weeks. Avoid any heavy lifting or pulling during this time.
- b. No douching, tampons, or intercourse for one week following your surgery.
- c. No swimming but you may shower, take a tub bath and wash your hair.
- d. Anesthesia department stipulates no driving until 24 hours after receiving anesthetic.
- e. Most women are able to return to work within 3-5 days following surgery.

4. INCISION CARE:

Remove band aid 24 hours after surgery, if present. Keep the incision clean and dry. Dissolvable stitches are used, however, there may be a knot remaining on the outside that will need to be removed. If skin glue was used, no dressing is needed and the wound may be washed normally and patted dry. If the glue is peeling up around the edges, it may be trimmed but be careful not to pull the glue off or the wound may come open.

5. RETURN VISIT:

Make an appointment for your post-operative check up one to two weeks following your surgical procedure.