



Cascade Women's Health, PC

GYNECOLOGY SPECIALISTS • PHYSICIANS AND SURGEONS

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Discharge Instructions Post Operative Laparoscopic Surgery

These instructions are given to you to assist you in your recovery and to prevent complications from your procedure. Please read and follow them carefully.

1. Rest 24-48 hours following the procedure. Resume eating gradually. Begin with clear liquids and progress as you feel ready. On the following day, you can do those activities that you feel able to do. Within 3 to 4 days resume all normal activities unless otherwise instructed by your doctor.
2. One of the main benefits of surgery with the laparoscope is the lack of large incisions and therefore less postoperative pain. You may notice pain at the procedure site or on the lower sides of the abdomen, muscular aching, usually in the neck and shoulder region, and vaginal spotting. Discomfort or pain is usually relieved by mild pain relievers such as Tylenol, Motrin, Advil or as prescribed by your doctor. Alternating Tylenol and an NSAID medication such as Advil or Motrin works very well. Try 2 Tylenol alternating four hours later with 800mg Advil or Motrin. Be sure to take the NSAID with food or it may upset your stomach. Use a prescription narcotic medication if your pain is not controlled with these measures. Often patients use the narcotic just before bedtime in order to get a better pain free night of rest.
3. You may feel dizzy, light-headed or sleepy for 12 to 24 hours after your operation; this is perfectly normal. You may be unsteady on your feet and at increased risk for slipping or falling for 12 to 24 hours. Please have someone stay with you for 24 hours after surgery. You should not drive or operate any mechanical or electrical devices until this feeling has worn off. After a general anesthetic, it is normal to feel a generalized aching and sore muscles for 24 to 48 hours. A sore throat may also occur.
4. Tomorrow you may bathe or shower. Remove band aids after bathing. Do not leave on wet band aids. Pat incisions to dry and keep incisions covered 2 to 3 day if you prefer. Some spotting may be expected on the band aids. If bleeding does not stop after a gentle pressure is applied, notify your physician. If you have thin, white tape strips under the band aids, these will loosen and fall off in 5 to 7 days. If not, they may be removed in one week.
5. The stitches usually dissolve by themselves. Avoid strenuous lifting, putting tension or traction on the incisions and rubbing or irritating the incisions for the first week after surgery to allow the abdominal incisions time to heal.
6. Notify your physician if you develop:
 - a. fever; temperature greater than 100.4 degrees by mouth
 - b. fainting spells
 - c. abdominal pain that is persistent or increasing after 12 hours
 - d. persistent bleeding from incision sites
 - e. persistent nausea and vomiting after 12 hours