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## **LAPAROSCOPY or ROBOTIC CARE AFTER SURGERY**

Please read the instructions below. Refer to these instructions for the next few weeks. These instructions provide you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable problems sometimes happen. If you have any problems or questions after you leave, please call your caregiver.

### **CONTACT INFO:**

- If it is during business hours (8:00 am - 4:00 pm), please call the office: **213-742-6400**
- If it is after business hours or on a weekend, please call **213-742-6400** and the operator will be able to assist you and contact the physician.

### **FOLLOW UP APPOINTMENT:**

-One month after post surgery as previously provided to you in the office or earlier if instructed by the physician.

### **WHAT TO EXPECT:**

- You may have vaginal bleeding or spotting for up to 6 weeks after surgery.
- You may have some pelvic cramping or pain for 6 weeks after surgery.
- It is normal to have arm, shoulder, chest or abdominal discomfort the next day from the gas (CO<sub>2</sub>) used for your procedure. Walking may help relieve the discomfort.
- Healing will take time. You will have discomfort, tenderness, swelling, and bruising at the operative site for a couple of weeks. This is normal and will get better as time goes on.
- After anesthesia: Possible side effects include drowsiness, dizziness, or inability to think clearly. For your safety, do not drive, drink alcoholic beverages, take any unprescribed medication or make any important decisions for 24 hours. A responsible adult should be with you for 24 hours.

### **DIET:**

-Start with easy, bland foods and resume your regular diet as tolerated. Avoid foods that are greasy or give you gas. Keep well hydrated.  
Do not drink any alcohol while taking narcotic pain medications.

### **ACTIVITY:**

- **Nothing in the vagina for 12 weeks - no sex, tampons, douching.**
- Showers are okay, do not soak in a tub or pool for **12 weeks.**
- **No heavy lifting more than 15 pounds** and strenuous activity for **8 weeks or as your doctor instructs.**

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- Do not drive for the first 24 hours after surgery or while taking narcotic pain medications (such as Percocet, Vicodin).
- Take stool softeners such as **Colace, Milk of Magnesium, Miralax** as needed for constipation.
- Drink lots of fluid daily after surgery.
- Try and have someone help you at home for at least the first 24 hours, the first week after surgery if possible.
- You should take short walks frequently after surgery, but no strenuous activity. You may climb stairs, slowly and carefully.
- You may return to work as instructed by your doctor.

### **WOUND CARE:**

- You have small incisions on your abdomen.
- Change band-aids daily. After 2-3 days, if you have no drainage, leave them off. You also have steri strips (white tape-like dressings) over the incisions. Please take them off in the shower after about 7-10 days. There are also dissolvable stitches in the skin.
- You may shower with the incisions uncovered. Pat dry and keep the area dry afterwards.
- Check your incisions daily for healing.

### **PAIN MEDICATIONS:**

- Take pain medications as prescribed.
- **Avoid aspirin.** It can cause bleeding.
- **Do not drive** when taking narcotic pain medications.
- Narcotic pain medications can cause constipation. Take stool softeners such as Colace, Milk of Magnesium, Miralax as needed.

### **CALL YOUR DOCTOR IF:**

- There is swelling, redness or increasing pain in the wound area(s).
- Pus is coming from the wound(s).
- You notice a bad smell from the wound(s) or surgical dressing.
- The wound is breaking open (the edges are not staying together).
- You have pain, redness, and swelling from the IV site.
- You feel dizzy or feel like fainting.
- You develop pain or bleeding when you urinate.
- You develop nausea, vomiting, or diarrhea.
- You develop heavier vaginal bleeding or abnormal vaginal discharge.
- You develop a rash.
- You have any type of abnormal reaction or develop an allergy to your medication.
- You need stronger pain medication for your pain.

### **SEEK IMMEDIATE MEDICAL CARE:**

- You develop a temperature of 100.4° F (38° C) or higher.
- You develop abdominal pain.
- You develop chest pain or shortness of breath.



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- You pass out.
- You develop pain, swelling or redness of your leg.
- You develop heavy vaginal bleeding with or without blood clots soaking > 1 pad per hour.

### **CATHETER CARE (IF APPLICABLE):**

-If you have difficulty voiding after the surgery or if your doctor feels it is best, you may be sent home with a catheter. If so, rest assured that this is a short-term problem. You will be given a leg bag and a large overnight bag on discharge and the appropriate education to care for both catheters. You may shower with the catheter in place. Please call the office to schedule a time to come in within a few days after surgery to have the catheter removed.