

## Laparoscopy Post-op Instructions

***Once your home recovering from your surgery, it's important to rest, eat healthy foods, and keep your incision(s) clean. Our bodies are amazing, but everyone needs time to recover from surgery.***

**After your surgery:**

### **Activity**

- DO NOT drive a car for 48 hours after your laparoscopy.
- You don't need to stay in bed, but it's best to rest and take it easy for the remainder of the day.
- Take it easy for the following 2-3 days after surgery. Your activity level should be gradually increased over the next 2 to 7 days depending on the extent of your procedure.
- DO NOT drive, participate in sports, or use heavy equipment while you're taking narcotic pain medication.
- You may take a shower the day after your surgery.
- Avoid lifting anything over 20 lbs. for 2 weeks
- Exercise in 5 to 10 days; swim in 7 days. You should avoid getting into a hot tub or jacuzzi for 2 weeks after your laparoscopy.
- Nothing vaginally until after your follow up appointment with Dr. Moreira.

### **Nutrition/Hydration**

- It's important to drink as much fluid as you did before the surgery.
- On your first day at home, have light liquids and foods such as apple juice, ginger ale, ice pops, soup, crackers, and toast to help prevent stomach upset.
- By the second day after surgery, you should be able to return to your regular diet.
- Since most prescription pain medications cause constipation, it's important to drink plenty of water, eat foods that contain fiber such as fruits and vegetables, and stay active. Stool softeners, such as Colace, may be used to prevent constipation.

### **Pain and Treatment**

- You may have soreness in your abdominal area.
- You may have shoulder pain. This is caused from trapped gas. The amount of discomfort can vary but should go away within 48–72 hours. A heating pad should help.
- You may be sent home with prescriptions for Motrin/Ibuprofen and Norco. We recommend the Motrin, as it is an anti-inflammatory drug, every 4-6 hours. Make sure you are eating properly while on any pain medications.
- Take the narcotic medicine for the first 48 hours as prescribed. After that, you may change to Motrin/Ibuprofen and use the Norco mainly at night or for stronger discomfort.
- The intestines are usually somewhat lazy for a few days after surgery causing gas, bloating and constipation. Drinking plenty of water, increasing fiber in your diet and walking are helpful. If constipated, you may try milk of magnesia, Metamucil or a Dulcolax suppositories

### **Incisions**

- Laparoscopy incisions are typically very small and rarely have complications.
- You may wash the incisions with soapy water, then thoroughly dry the area and keep the skin dry.
- Dressings or band-aids are not necessary as exposure to oxygen in the air speeds healing. You

- may notice one or more stitches; these will fall off on their own, usually four weeks after the surgery.
- Itching, bruising, a pulling sensation, and/or numbness around the incisions are all normal.
- You may have a slight discharge or spotting from your vagina that may last up to 1week. Pads should only be used, no tampons.

### ***Emotional Recovery***

- After your laparoscopy you may be tired and irritable. Use this time for rest and quiet activities.
- It will take time to heal, but you should feel better each day.

### ***Follow-up***

We want you to return to the clinic in two weeks to discuss pathology results and ensure proper wound healing.

### **Call Dr. Moreira if you have:**

- Heavy bleeding from your vagina or incision sites
- Redness, swelling or pus at the incision sites
- A fever higher than 101°F (taken by mouth)
- Severe pain that doesn't get better with pain medicine