

**LAPAROSCOPY POST OP INSTRUCTIONS**

1. You may expect some scant to moderate vaginal bleeding for several days. Use regular Kotex pads, not tampons, during this time. You may also notice more bleeding or discharge as your activity level increases over the first few days post surgery. **NOTE:** Your first period after surgery may not be normal. (variations in bleeding, pain and length may be different, your cycle should go back to normal after the first month.)
2. You may experience migrating pains in the back, shoulders, neck, or chest during the next 1-5 days. This is from the carbon dioxide gas used in your abdomen during surgery and is to be expected. The best thing to help with these pains is to get up and move around to get the gas out. (The more you can belch, the quicker you will get relief).
3. You may have some bruising around the incision sites. This can be somewhat extensive and last 1-2 weeks. You may also have a watery fluid “leak” from your incisions for up to 24 hours. You may apply a clean dry towel or washcloth to the incision site with light compression, and that will help with the leakage.
4. For abdominal discomfort, use your pain medication, Advil Liquid Gels, Aleve, or Tylenol as directed. You may also use a heating pad set on low, as needed.
5. No swimming or intercourse for 1 week following the procedure. If you had a hysteroscopy, or any other vaginal surgery then you must wait for 2 weeks, for intercourse, tampons, or douching, unless otherwise instructed.
6. Your bladder may be a little sluggish after surgery. If you are having difficulty emptying your bladder, or feel burning with urination, please call the office, or go to the emergency room or walk-in clinic.
7. Colace stool softeners may be used twice daily until normal bowel function resumes. If you have not had a bowel movement within 48 hours after surgery, you will need to use the DUCOLAX rectal suppositories (laxative). If severe constipation occurs, please call the office.
8. You may take a shower and wash your incision sites with soap and water. If the incision sites look inflamed you may use a cotton ball or gauze dipped in peroxide to clean the affected area. Leave the steri-strips in place, do not remove them until they start to fall off or become soiled.
9. If you experience a fever over 100.4 or chills, or if any unusual bleeding occurs, or vaginal discharge with a foul odor please contact the office at 330-8885
10. You will need to return to the office two-three weeks after your procedure for a post operative recheck appointment.
11. You may resume most daily activities as you feel ready. Avoid heavy lifting (10 lbs or more) for 1 week.