



## Laparoscopy Post-Operative Instructions

Laparoscopy is done for many reasons. We hope these instructions will serve as a guide to understanding your postoperative care.

Following your laparoscopy you will be discharged from the postoperative recovery area as soon as your physician and the nursing staff are satisfied that your condition is stable. As with any surgical procedure, there are normal changes that the body experiences from laparoscopy. You should be able to return to your usual activities very quickly as most symptoms are very mild and brief. Fatigue (tiredness) is frequent and may last several days. Adequate rest, especially on the evening of the surgery, is necessary.

Many women experience some abdominal discomfort and cramping after surgery. There is also frequently bruising of the abdomen. Some women develop pain on the upper part of the shoulders as a result of the gas placed in the abdomen used to inflate it during the surgery. Infrequently, there is a short period of discomfort in the area of the fallopian tubes following tubal ligation. These pains should not be severe or persist for more than 48 hours.

You may experience a short period of vaginal bleeding, but it should not be heavier than a period. If your laparoscopy was done for infertility, you might leak blue dye from the vagina. This dye will stain clothes and you will want to wear some protection. This was used to assess the tubes during the surgery. Both are normal after laparoscopic examination. Bleeding should not be heavier than a menstrual period.

The sutures in your incisions will dissolve and do not require removal unless you've been instructed otherwise. The incisions do not need to be covered. You may shower or bathe at any time. You may return to having sexual intercourse as soon as vaginal bleeding stops. Contraceptive protection begins immediately after a tubal ligation, unless it is done in the middle of the cycle. Protection is not immediate in this circumstance because an egg that can be fertilized may already be in the fallopian tube. As a rule, you should continue your current method of contraception until your next menstrual period.

Normally you will be seen in the office for a follow-up appointment after your surgery. The incision will be examined and treatment plans may be discussed. If it has not already been arranged, please call as soon as possible to make this "post-op" appointment approximately 1 to 2 weeks after surgery.

Call (at 668-8400) immediately if you develop:

1. Problems that seem quite different than expected.
2. Severe pain in the chest or abdomen.
3. Heavy vaginal bleeding.
4. Fever greater than 100.4 for 4 hours.
5. Fainting.

It is the hope of the professional staff of Bedford Commons OB-GYN that your surgical experience has not been unduly stressful, and that your recovery will be rapid and uneventful.