

Patient's Instructions

Laparoscopy Post-Operative Instructions

Discharge from hospital

Normally you will go home the same day of surgery.

Incisions

The number and size of incisions depend on the procedure, and may range from one to four. They will all be small and closed either with absorbable sutures (do not need removal), Dermabond® (an adhesive like "super glue"), or both. If your incision has a bandage on it you may remove it the day following surgery unless specifically instructed otherwise.

Shower and bath

Ordinarily you may do either, though "soaking" incisions is less advisable for the first few days after surgery. It's important to gently clean the umbilicus and make sure it is gently and **completely dried**.

Pain

You can expect to have varying degrees of discomfort from your incisions, your pelvis, and from your shoulder(s). The incision and pelvis because these are the sites where incisions and tissue manipulation actually took place. The shoulder pain is due to the small amount of gas (CO₂) used to create space during the operation left in the abdomen. This will usually disappear the first or second day. It is felt in the shoulder area because the gas "floats" up irritating the diaphragm which gets its nerve supply from the same area of the spine as the shoulder.

Pain relief

You may use ice on the incisions. If you experience shoulder pain, when upright, lying down will usually relieve it. Over-the-counter medicines such as ibuprofen, 3-4 tablets 3-4 times a day, and acetaminophen (Tylenol®) can help. You will also be given a narcotic/acetaminophen combination prescription for pain relief. Your prescription will be labeled with the mg of acetaminophen contained in each tablet (either 325 or 500).

Bleeding

Depending on your procedure you may have a small amount of vaginal bleeding. If it is greater than a period call the office.

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Post-op appointment

You will normally be seen in 1 week. You will often be made aware of this appointment date and time prior to your surgery, but we will also mail it to you. If for some reason you have not received this by one week following surgery, call the office 910-295-6931 to clarify.

Questions

Please call the advice nurse at 910-295-6831 for any questions or concerns. Call the FirstHealth operator at 910-715-1000 to call to reach the doctor on-call for **after hours emergencies**.
