

Post-Operative Instructions

Laparoscopy

Sarpy County OB/GYN, P.C.

A laparoscopy is a surgical procedure where a camera is placed into the abdomen through a small incision. Sometimes more than 1 incision is required to complete the procedure. The incisions usually are less than 1 cm in length. Laparoscopy is usually an outpatient procedure, meaning that the patient will go home the same day the procedure is performed. There are many indications for performing this procedure. Please discuss this with your doctor. Please also refer to the American College of Obstetricians and Gynecologists website www.acog.org for more details regarding risks/benefits.

1. It is normal to have a light pink to brownish red discharge for 7 days.
2. Your next menses may be early or slightly delayed. If you had the laparoscopy for tubal ligation and were on birth control pills, finish the current package and then you may stop unless told to do so otherwise.
3. Rest for 24 hours, and then resume normal activities as tolerated.
4. There may be aching in the shoulders and chest from the carbon dioxide that was used to inflate your abdomen. This may last up to 7 days.
5. Tylenol or Advil is usually sufficient to relieve any cramping.
6. The stitches used to close your incisions will absorb on their own and do not need to be removed. There may be a slight pink color to the area(s) and occasional clear to light yellow drainage. You may use hydrogen peroxide to clean the stitch area.
7. Bathe or shower as preferred. It is fine to get water on your incision(s). Blot dry with a towel afterwards.
8. Wear loose clothing and cotton underwear for comfort till the gas distention resolves and the stitches heal.
9. Resume your medications as ordered.
10. Eat as tolerated except avoid carbonated beverages for 48 hours after surgery.
11. You may experience abdominal bloating 4-7 days following your surgery.
12. Nothing in the vagina (no sex, tampons, or douching) for 2 weeks.
13. Report any of the following:
 - a. Foul smelling drainage from the vagina or stitches
 - b. Bright red bleeding from the incision(s) or the vagina
 - c. Fever by thermometer over 101 degrees F within 24-48 hours
 - d. New symptoms such as nausea, vomiting, constipation, abdominal swelling or severe pain
 - e. Inability to urinate
14. For after hours, call: 898-8500.
15. Post-operative check is usually at 2 weeks.