

**Laparoscopic Surgery**

**Discharge Instructions**

**Medication:**

* Resume your preoperative routine medications.
* Take your pain medications and/or antibiotic as explained to you by our nurses.

**Constipation:**

* Some changes in your bowels are normal following any surgery. Constipation may last for a couple of weeks after the procedure.
* To prevent constipation, drink 6-8 glasses of fluids per day, eat high fiber foods, prunes, etc. You may also take Metamucil or Coloxyl with Senna. Call during office hours if these methods are ineffective.

**Wound Care:**

* Wound care: keep your dressings for 48 hours, and then it is fine to peel them off while you are having your shower. If you only have surgical glue on your wounds, it will peel off spontaneously in a few days’ time.
* No baths or swimming for 4 weeks if you had a total laparoscopic hysterectomy (TLH)**,** or for 1 week for any other procedures e.g. removal of cysts, ovary(s).
* It will take up to 6 months for your incision to mature into its final form. Ridges and raised red scars will diminish in time and smooth out.
* Notify your local doctor if the wound becomes red, irritated, or purulent discharge develops. A small amount of blood or clear discharge is normal initially.
* Some mild abdominal distention and/or cramping are normal. Occasionally, patients report shoulder tip pain. A warm heating pad and walking should relieve the discomfort.
* Sutures will dissolve and fall out in 2 to 3 weeks, you don’t have to remove them, just keep the wound clean and dry.

**Activity:**

* After surgery, take it easy for 4 to 5 days before resuming your routine.
* No driving for a week after surgery or while you are on prescription pain medications. Please make sure your insurance company is going to cover you when you start driving.
* It is important to be up and out of bed, walking, but you may fatigue easily. It is important to get enough rest.
* There is no limit to stair climbing.
* Limit yourself to light housework (i.e. dusting) for 1 week.
* No intercourse for 6 weeks if you had a Total Laparoscopic Hysterectomy and for 2 weeks if you had any other laparoscopic procedure. Gradually increase your level of activity; and remember to listen to your body - IF IT HURTS - DON'T DO IT!

**Normal Post-Op Changes:**

* You will be bloated for 1-2 weeks following your surgery. This will improve with activity.
* Some abdominal bruising is normal, as is drainage and small bleeding from your incisions.
* Vaginal bleeding and discharge are normal for up to 6 weeks.

**Follow-up:**

* You will be notified prior to discharge regarding your follow up appointment.
* Reports from biopsies and final histopathology specimens will be discussed on your follow-up visit.

**Contact Dr Erlich Sem’s Rooms (0404 59 1925) at any time if you experience:**

* Bleeding heavier than a period.
* Severe abdominal or back/flank pain, severe nausea or vomiting, or shaking chills.
* Fever over 38°C.
* Burning on urination or inability to urinate.