

Laparoscopy

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Rest for the remainder of the day. The next day you may return to normal activity including sexual relations, exercise and returning to work.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine or use any recreational drugs for 24 hours after your surgery.
7. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
8. You may notice that the solution used to cleanse your skin for surgery has coloured your skin. This will wash off with soap and water.
9. Keep the dressing clean and dry for 2-3 days after the surgery. Then you can remove the dressings, shower as usual, wash the area with soap and water and gently pat dry. They can then be left open to the air.
10. Stitches will dissolve spontaneously.
11. If you have steri strips (tapes) they will fall off over a 2 week period; please let them fall off on their own rather than removing them.
12. Expect a small to moderate amount of vaginal discharge similar to your menstrual cycle for a few days following your surgery. If the flow becomes excessive for you, contact your doctor. When dye studies are performed, the discharge will be blue in colour.

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13. You may experience some shoulder and/or chest discomfort from the gas used. This is temporary and will pass in a short period of time as the gas is absorbed. Position changes and walking may be beneficial in alleviating gas discomfort.

14. Contact your Doctor or seek medical attention if any of the following occurs:

- Vaginal bleeding with clots larger than a loonie.
- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

... call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

15. The day after your surgery call your Surgeon's office for your _____ week(s) follow-up appointment.

Specific Instructions:
