



## **POSTOPERATIVE INSTRUCTIONS FOR LAPAROSCOPY**

**Activity and Work:** Avoid undue exercise for 24 to 48 hours. You may then return to normal activity. It is safe to return to work within two days of surgery unless specifically instructed to the contrary. Strenuous athletic activity may be resumed approximately ten days after surgery.

**Diet:** Stick to liquids or light solids, such as toast or crackers, on the day of surgery. On the following day, you may resume your normal dietary pattern.

**Wound Care:** Laparoscopy patients with steri-strips on their incision should keep them dry for three days before removing them. If surgical glue is on the incisions, please remove it after 3-4 days. Patients may shower after the first day.

**Bathing:** Initially you should shower rather than tub bathe. We recommend you use a pad for the first two days after surgery. You may use a tampon thereafter.

**Sex:** No restrictions regarding intercourse for patients having had a laparoscopy only.

**Vaginal Bleeding:** There may be some vaginal bleeding for up to one week postoperatively. Persistent heavy bleeding should be reported to your physician. The onset of your next menstrual period is usually unpredictable.

**Pain:** It is normal to experience shoulder pain (referred pain) after a laparoscopy. You may use prescription pain medication or Tylenol for pain relief. Ibuprofen (up to 2400 mg in 24 hours) may be used in addition to Tylenol or narcotic for pain relief. A heating pad may also relieve discomfort. Intense pain should be reported to your physician promptly.

**Postoperative Visit:** If you have sutures that need to be removed, schedule an appointment in two or three days. Call the office and schedule a postoperative appointment to be seen at approximately two weeks following surgery. At that time, you will have the opportunity to discuss any problems related to your surgery.