

### *Laparoscopy Instructions*

1. Preprocedure – You should be abstinent or use highly effect birth control for 14 days prior to procedure in order to avoid accidental interruption of an early pregnancy.
2. Dressing – Starting the first post operative day, you may remove the bandage. In the first days after the surgery it is normal to have some blood tinged or clear drainage from the incision. This should stop by day 5-7. You may bathe and get the tape wet, but avoid soaking in water. The steri-strips can be dried using a hairdryer at a low setting (no heat).
3. Sutures – Dissolve in about two weeks. Sometimes the sutures may work there way to the surface. This is normal and they will disappear over time. If you are concerned you may return to the office and have them trimmed.
4. Spotting – You may notice some vaginal spotting for the first week after the surgery. During this time a sanitary pad may be used but avoid using tampons or douching as this may introduce bacteria and cause an infection.
5. Wound Care – Incisions may be cleaned through the steri-strips by dabbing the area with diluted peroxide after showering. In 1-2 weeks the steri-strips will begin to fall off. You may remove then when this occurs.
6. Pain Medication – Most patients use a combination of over the counter Ibuprofen and a prescription narcotic for pain control after the procedure. Take two 200mg tablets of Ibuprofen the night before your surgery. After the surgery is over take three 200mg tablets every eight hours for the next three days. The prescription narcotic should be taken as directed and as needed.
7. Diet – Most people are able to begin to eat and drink a few hours after the procedure. Begin with a light meal and then advance your diet as tolerated.
8. Activity – Increase your activity as tolerated with no lifting more than 15 pounds for the first weeks after the surgery. Be sure to move extremities – i.e. rotate ankles and flex knees during this period of decreased activity as this promotes good venous return and prevents blood clots. Avoid driving for the first week after the surgery or longer if you continue to require pain medication.
9. Shoulder Pain – It is common to experience pain in one or both shoulders after the procedure due to the gas used to distend your abdomen. This should resolve in 2-3 days after your surgery
10. Sexual Activity – You should wait two weeks after the surgery is over. Your doctor will let you know when it will safe to begin activity again. More importantly you should wait until you feel emotionally ready to begin this intimate activity which may take longer than two weeks.
11. Reasons to Notify Our Clinic –
  - Worsening pain, swelling and/or hardness of incision.
  - Drainage of green/yellow fluid from incision.
  - Foul smelling discharge from incision
  - Increasing redness around incision.
  - Opening of incision with or with out bleeding.
  - Fever greater than 100.4 degrees farenheight.
  - Vaginal bleeding that soaks a pad an hour. If you are at all concerned please contact our office immediately.
  - Uncontrolled pain.
  - Nausea/vomiting that prevents you from receiving good pain control.
12. Numbness – You may experience numbness around the incision. It is common to feel tingling or sharp sensations. These should eventually go away but may take weeks to resolve. New onset of numbness in the legs is not normal and could indicate a serious condition. If that occurs contact our office.

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