

# Postoperative care for Laparoscopy

## Immediate postoperative care

You should be able to leave hospital shortly after the operation. You will need to be driven home by your partner or other companion.

It is not unusual to experience nausea or vomiting on the day of surgery or even the next day to some degree.

Although you will probably feel fine, judgment is impaired after an anesthetic, therefore do not drive or drink alcohol or make any important decisions during this time.

You may experience aches in your shoulders or chest due to the carbon dioxide gas placed inside your abdomen. This gas is harmless and will disappear in one to three days. The shoulder and chest discomfort can be relieved by lying flat in bed.

If the laparoscopy was done for infertility, you may experience a bluish vaginal discharge or a blue-green color to your urine after tubal dye studies.

Dr Elzeiny will call the following day after the laparoscopy to briefly discuss how everything went and to make sure you are OK.

## Pain management

You will be given a prescription for pain medication at the time of discharge. Take as instructed on the bottle. Pain pills take about 30 minutes to start working after they are swallowed, so take them before the pain starts.

## Diet

On your first day at home, have light liquids and foods to help prevent stomach upset. Avoid citrus juices such as orange juice and tomato juice. You may gradually add foods. By the second day after surgery, As soon as you feel like it, you may eat any food or drink that you desire in moderation

## Incision Care

Laparoscopy incisions are typically very small and rarely have complications. The stitches are "hidden" beneath the skin and will dissolve with time. Dressing should be left on for a few days and changed every day. Small Steri-Strips on the incision can be removed in the shower after one week. The dissolving sutures will sometimes be seen coming out of the incisions. You should not pull on them, and they will just dissolve in a week or two on their own. You may shower, swim, or tub bathe as you like. Do not be afraid to wash the wounds with soap and water; however, do not rub them. Most incisions look red at first but fade over time so the scar is hardly noticeable. Call Dr Elzeiny if you have any signs of infection such as pus, marked swelling, or increasing redness.

## Activity

With minimally invasive laparoscopic procedure you will recover much more quickly than with a standard open procedure. Women will vary as to when they can resume full activity. Some women have put in a full day's work the day after surgery; other women may not be ready to resume normal activities for four to five days. . It is normal to tire easily after surgery and you should maintain a flexible schedule and get adequate rest. Avoid strenuous exercise or weight lifting for two weeks after surgery.

## Sex

You can resume sexual intercourse when you are comfortable or wait at least 5 days .

## Work

If you have a light duty job you can return as soon as you feel up to it. If your surgery was extensive and you have a heavy job then you will not be able to return until two weeks unless your workplace can put you on light duty

## Travel

If you plan to travel, please check with Dr Elzeiny prior to surgery if possible. If an emergency arises and you must travel during the first week of surgery, please notify our rooms before you leave.

## Follow Up

Please call the rooms' second day post surgery to book for your (2 or 6 weeks) post operative appointment to check your progress and discuss the recent procedure including laparoscopic pictures and pathology results. He will also outline all of your follow up management in full

## When to Call Dr Elzeiny

Call Dr Elzeiny's rooms right away or page him after hours if you have:

- Severe pain not controlled with panadeine forte
- Episodes of unconsciousness or fainting
- You have trouble urinating despite a full bladder
- Any signs of infection such as:
  - Increased redness or tenderness around the incision site
  - Pus type drainage from the incision.
- A fever of 38.1° C or more

**Please call the office if you have any questions or concerns about your care.**