

A. Thomas Hyslop, MD

Julie Pao, MD

Victor L. Vines, M.D.

Park Central OB/GYN Associates  
12200 Park Central Drive, Suite 403  
Dallas, TX 75251  
972-774-9990

### RECOVERING FROM LAPAROSCOPIC SURGERY

Laparoscopy is a surgical procedure performed for diagnosis and treatment of many pelvic conditions. Since the abdominal cavity is entered during the procedure, it is considered a major surgical procedure. However, the recovery time and post-operative discomfort are usually much less than traditional major abdominal or pelvic surgery. Even though the incisions are smaller, there is still a possibility of post-operative complications. Regardless of the reason for your laparoscopy, the post-operative instructions will be generally the same.

#### In the hospital:

When you awaken following the procedure, you will be in the recovery room and will return to your room in the day surgery unit after approximately one hour. As soon as you are awake you may eat or drink. We recommend that you start with light liquids and advance to solid foods once you have no further nausea from the anesthetic or pain medications.

#### Medications:

You will be sent home with a prescription for pain medication, plus hormones or antibiotics if those are necessary.

#### Driving:

You may drive when you are no longer requiring narcotic pain medications and when you can move your foot from the accelerator to the brake pedal without causing abdominal discomfort. This is simply a safety precaution—we don't want you driving if your reflexes are impaired by medications or your post-operative discomfort.

#### Bathing:

You may take a tub bath when you can safely get in and out of the tub; otherwise continue showers. Change your bandaids daily, and remove the steri-strips (if applicable) 8 – 10 days after surgery. If the strips come off prior to then you do not have to replace them.

Constipation can be prevented by drinking lots of fluid and taking a fiber-based stool softener such as Metamucil, Per Diem, Fibercon, or Konsyl. If you do become constipated, Dulcolax suppositories or tablets, Milk of Magnesia, or Magnesium Citrate (that special drink in the green bottle) will get your intestinal tract moving again.

Bleeding and Discharge are normal and are due to placement of instruments on your cervix; bleeding may be expected for 2-3 weeks after laparoscopy. After 2 weeks have elapsed, you may use a vinegar/water douche if there is an odor to the discharge.

#### Warnings—Call the office if you have:

1. Temperature over 100.5
2. Heavy vaginal bleeding (greater than one soaked pad/hour)
3. Difficulty urinating, nausea/vomiting, or altered bowel function
4. Sudden onset of sharp pain that doesn't respond to your pain medication
5. Redness or drainage from your incision(s)

#### Post-operative Appointment:

Unless otherwise instructed for staple or suture removal, you need to be seen in the office 4 weeks after surgery. At that time, we will discuss the timing of your return to scheduled activities such as work or school.

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Patient Signature

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Nurse Signature

Today's Date: March 26, 2006