

INSTRUCTIONS AFTER OPERATIVE LAPAROSCOPY

1. Do not drive a car or operate hazardous machinery for at least 24 hours and not until you have discontinued the use of all pain medications.
2. Do not make important personal or business decisions for at least 24 hours.
3. Abstain from alcoholic beverages for at least 24 hours after the procedure.
4. Eat light foods (jello, soups, etc.) as you can tolerate for the first 6 hours after the procedure and then advance to your usual diet as tolerated. Drink plenty of water and nonalcoholic beverages.
5. Use the prescribed pain medications as directed. Do not wait too long before taking pain medication as this will make it more difficult for you to get relief with the prescribed amount of medication. If you are not experiencing pain, you do not need to take pain medication.
6. If your bandages become stained or soaked with blood, you should change them as needed.
7. Do not immerse the incisions in water for 24 hours. Starting the day after the procedure, you can shower or take a bath without the band-aids on.
8. Refrain from heavy lifting, heavy exercise, and sexual intercourse for two weeks.
9. A blue discoloration in the urine or around the vaginal tissues is normal for the first 48 hours after the operation.
10. Report the following danger signals to the office as soon as possible: persistent nausea or vomiting, fever greater than 100.5, increasing abdominal pain, increasing redness or pus around the incision sites. As a general rule, you should feel better every day after the procedure.
11. Constipation is common after surgery and is usually caused by the use of pain medications. Use a stool softener or laxative if needed.
12. Call the office to schedule a follow-up office visit.