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## LAPAROSCOPY DISCHARGE INSTRUCTIONS

### **Diet**

As soon as you feel like it, you may eat and drink in moderation.

### **Activity**

You may return to work in 3-5 days depending on your surgery. Listen to your body and ease back into exercise including any heavy lifting. You may drive as long as you are not requiring narcotics to control pain. You may need to avoid intercourse for 1-2 weeks, depending on your surgery, due to pain and to allow your body to heal.

### **Pain**

To control pain after surgery, you will take Ibuprofen (Advil/Motrin) 600mg every 6 hours and Tylenol 650mg every 6 hours. Alternating these medications will control most of your pain. For pain not controlled with alternating Tylenol and Motrin, your doctor may additionally prescribe Oxycodone 5mg that can be taken every 6 hours.

Sometimes the carbon dioxide gas in the abdomen forms a bubble under the rib cage which can cause pain in the chest and right shoulder. Notify our office of any severe abdominal pain not controlled by your pain medicine.

### **Incision Care**

Your incisions are closed with dissolvable stitches. You may shower in 24 hours and change the dressing daily. The dressing may be left off if there is no drainage or bleeding. If your incision was closed with glue, this will peel off in time. Report any signs of infection such as redness, increased pain or drainage.

### **Bleeding**

Generally, there is no change in menstrual pattern. If you had a tubal ligation and are taking birth control pills, finish the package you are on before stopping them. Sometimes there is slight vaginal bleeding following surgery due to the mechanics of the operation. Continue to use a pad at home and call if there is excessive bleeding.

### **Bowels**

Anesthesia, decreased activity after surgery and pain medications can lead to constipation and pain. We recommend being proactive and taking a gentle daily laxative like Senokot after surgery until your bowels return to normal. You may also experience "gas" pain. Drinking hot liquids and walking will help relieve discomfort. You can also use over the counter Simethicone as needed.

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**Warning signs**

Please call our office if you experience any of the following: uncontrolled pain, fever > 100.4, heavy vaginal bleeding, increased redness or drainage from an incision, nausea or vomiting. Bleeding is too heavy if it saturates through a maxi pad in 1 hour for 2 hours in a row.

**Return Appointment**

You should have a follow up appointment scheduled within 2-4 weeks. If not, please call our office to schedule.

**Pathology**

If you have pathology, we generally received it back within a week. Your doctor will either contact you with the results or go over them with you at your post op visit.

**NOTE:** If these instructions differ from what you were told, please follow your physician's instructions.