

## Follow-Up Appointment

- Contact your surgeon's office to arrange a follow-up appointment in \_\_\_\_\_.

## Notify the Doctor or Go to the Emergency Department if any of the following happens:

- Continued or heavy bleeding from vagina or incisions.
- Chills and/or fever over 38.5°C or 101.2°F.
- Continued burning on urination.
- Worsening abdominal pain especially with bloating or distention.
- Continued nausea and vomiting for more than 24 hours.
- Wound redness, pus-like (yellow or green) drainage or swelling.
- If you go to the Emergency Department, bring with you any records from your procedure that your surgeon gave you.

## Besides these general instructions remember also:

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# Laparoscopy

(For Gynecological Procedures  
**EXCEPT** Hysterectomy)

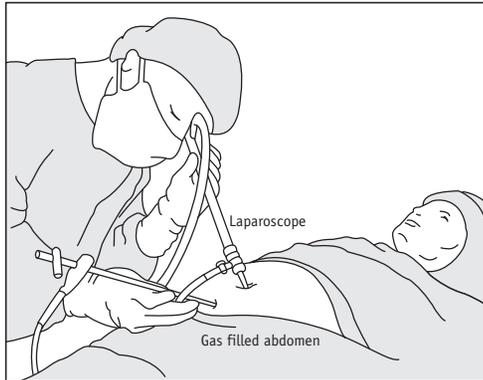
## Discharge Instructions

## General Information

Laparoscopy is performed for a variety of reasons, from a simple diagnostic procedure, to a more complex pelvic surgery. Your doctor will discuss this with you.

### The Procedure

A general anesthetic is necessary to relax the abdominal muscles, so you will be asleep for the procedure. A very small cut (incision) is made at the umbilicus (navel or belly button). Carbon dioxide is introduced to allow viewing of the inside of the abdomen. A



laparoscope is a lighted telescope, which is inserted through the incision. 1 to 3 small cuts may be made to insert the instruments needed to perform the surgery. Many different surgical procedures can be performed through small incisions during a laparoscopy, from a simple diagnostic procedure to complex pelvic surgery. Your individual surgeon will advise you regarding the extent and recovery in your particular case.

## Important Points in Treatment

### Bleeding

- Expect some light vaginal bleeding for up to one week. This will vary depending on the procedure that was done.
- **DO NOT** wear tampons. Use pads instead.
- If bleeding occurs under the tapes, apply firm steady pressure with a folded gauze or pad over the area for 10 to 15 minutes or until the bleeding stops.

### Dressings

- If you have tapes (steristrips) on your abdomen, remove them after 3 to 5 days.
- Any stitches will dissolve in 7 to 10 days. You may use band-aids if clothing rubs.
- You may shower unless your doctor advises against it.

### Pain

- You may have some minor discomfort or cramping in your lower abdomen.
- You may have some chest or shoulder discomfort for 24 to 48 hours. This is caused by a small amount of gas that was placed inside your abdomen during surgery. A hot water bottle and/or lying flat may also help.
- Take the medication for pain, as prescribed, or use a non-prescription medication that you normally use.

### Diet

- Eat lightly to minimize abdominal gas. You can eat small portions on the evening of surgery, but avoid fatty foods.

### Activities

Activity after a laparoscopic procedure will be decided by the extent of the procedure, and your surgeon's advice. The instructions below apply to a simple diagnostic laparoscopy.

- Wait 2 days before resuming normal activities.
- Avoid intercourse for 7 days. If applicable, resume contraceptives right away, unless you have had your tubes tied.
- Your menstrual period may be late or irregular for 1 to 2 months.