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POST OPERATIVE INSTRUCTIONS:

Laparoscopy

The following information will help answer the frequently asked questions and will help you understand some of the common experiences that may occur after your surgery.

All patients should:

1. Have a post-operative appointment scheduled 2 – 4 weeks after your surgery.

Post-Operative Instructions:

1. Lifting is limited to 10lbs until cleared at your post-operative visit.
2. Activity is as-tolerated. If you experience pain, stop the activity.

What to expect:

1. Activity – You should be able to do most activities without much difficulty.
2. Surgical grade glue, or Dermabond, was used to protect your abdominal skin incisions and it should stay in place even with showering for up to 2 weeks or longer.
3. Bruising – Bruising around the incisions can occur and is normal. Pain or warmth may develop from the blood under the skin. Using the medications below can help with any pain from bruising.
4. Mild discomfort is normal including pain around the incision site. Ibuprofen was prescribed which can help manage discomfort. You may also take over the counter acetaminophen as needed. The maximum dose in 24hours for Tylenol is 4000mg and for Motrin is 2400mg.
5. You may shower and take baths as usual.
6. It is common to have mild constipation after the procedure. Taking a stool softener or laxative, like docusate sodium or Milk of Magnesia, will help.
7. Swelling and bloating – It is common to have some mild abdominal distention for a few days after surgery. It is expected to resolve over time. It is also possible to notice some swelling in your legs or arms due to the increased fluid given during your procedure. This should also improve.

When to contact the office:

1. If any of your incisions appear red, are separated, or are draining.
2. If you notice a foul odor with increasing pain at the incision site(s).
3. If you run a fever higher than 100.4 degrees.
4. If you have burning with urination or urinary frequency indicating a UTI.