



Laparoscopy

Post operative care



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LAPAROSCOPY POST OPERATIVE CARE

You have just had a laparoscopy and the procedure has gone very well. Remember you have had an operation and you will need some time to recover from this.

IMPORTANT POINTS IN POSTOPERATIVE CARE

What to expect after surgery

- There may be aches in your shoulders and chest from the carbon dioxide that was used to inflate your abdomen. You must expect this discomfort and it represents NO danger. The pain should disappear in a few days. Try different positions when you sit or lie down to find the one most comfortable for you. You may also take panadol or ponstan etc for the pain.
- You may have a sore throat for 24 hours or so, because of the airway tube placed in your windpipe during the anaesthesia..

Activity

- You should not drive on the day of the procedure.
- Recovery time varies a great deal. Some women feel like going back to work after a few days. Others prefer to wait a bit longer. In general you should be back to normal within 7 days.

FOLLOWUP

- You will have sutures in your tummy to close the wound and a dressing. You can take the dressing off after 48 hours and you should see your local doctor after 1 week to have the sutures removed.
- I would like to see you **between 2 to 4 weeks** after the operation. Please ring my surgery to make the appointment. At the follow up visit I will go through with you the operation findings and discuss the further management with you. I may also show you some pictures of your operation.

Notify me immediately if:

- severe tummy pains
- severe vomiting
- fever > 38 degrees
- severe vaginal bleeding

WARNING

If you get any of the following symptoms, please contact me or go to see your own doctor or go to Campbelltown hospital casualty and get the doctor to contact me.

- persistent and severe tummy pains that are not getting better with panadol.
- severe nausea and vomiting
- persistent fever (temperature > 38 degrees)
- severe vaginal bleeding



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