



## Post-operative Instructions after Laparoscopy

Please go directly home today after surgery and rest.

You can eat lightly and drink fluid today. Avoid alcohol for at least 24 hours after surgery.

You should take the pain medication that your doctor has given you today and you may need to take it for up to a week after surgery.

It is normal to feel these symptoms for the first few days after surgery:

- Shoulder pain (from the gas used to inflate your abdomen)
- A small amount of drainage from your incisions
- Nausea
- Sore throat
- Abdominal bloating
- Vaginal spotting or bleeding

You should feel better the day after your surgery. This means that you may shower, drive, climb stairs and return to work the day after your surgery. It may take up to one week after surgery until you feel completely normal.

Your incisions are closed with sutures. The band-aids over your incisions can be removed the day after surgery. It is common to see some bruising around the incisions.

To decrease the risk of infection, you should abstain from sexual intercourse, baths, douching, swimming or placing anything inside the vagina for one week after surgery.

Please call the office to schedule a post-operative visit for one week after surgery.

Call the office if any of these symptoms develop:

- Fever (temperature > 101° F)
- Severe pain unrelieved by pain medication
- Heavy vaginal bleeding (saturating a maxi pad within 2 hours)
- Nausea-vomiting
- Bleeding or drainage from the incisions

Please do not hesitate to call Dr. Miller if you have any questions or concerns.