



Women's Health Specialists of Montgomery County PA

Gynecology-Gynecologic Oncology
6301 Executive Boulevard
Rockville, MD 20852
Phone: (301) 770-4967

Instructions after Laparoscopic Surgery

Activity

- Take it easy for the first week after your surgery!
- You can walk around as much as you like. Do not over do it—no long hikes.
- You can go up and down stairs. Take one step at a time, take your time and plan your day to try to limit the number of times you need to use the stairs.
- Avoid heavy lifting (more than twenty pounds).
- If an activity hurts, you should not be doing it.
- You should not do any heavy lifting or vigorous exercise. After three weeks consult the doctor to discuss when you may resume these activities.
- You should not drive your car for one week after returning home. You may take short trips if someone else drives. After the first week, you may be comfortable enough to drive.
- After three weeks, you can do anything that is comfortable for you. If an activity still hurts, do not do it.
- Consult your doctor to discuss when sexual relations may be resumed.
- You can plan to return to work after one to two weeks if you do not have to lift, strain or stand for long periods of time.

Wound Care

- Your skin has been closed with absorbable suture material in the inside. The outside has skin adhesive called Dermabond.
- Shower as usual. The Dermabond may get wet and will dissolve in 2-3 weeks. You may wash your incisions gently with mild soap. Do not scrub them. No tub baths for four weeks.
- Call the office if you notice purulent or foul smelling wound drainage.
- Use sanitary napkins—not tampons—to absorb vaginal blood or drainage. No douching.
- You may have some vaginal bleeding or spotting for 6 weeks.

Diet

- You may eat a regular diet, as tolerated. A well-balanced diet promotes healing.
- If you experience indigestion, you should avoid foods containing a lot of fat (dairy products, red meat, and fried or spicy foods) and large or heavy meals.



Women's Health Specialists of Montgomery County PA

Gynecology-Gynecologic Oncology
6301 Executive Boulevard
Rockville, MD 20852
Phone: (301) 770-4967

Page 2

Pain

- You will have some abdominal pain after your surgery. You will be given a prescription for pain medication before you leave the hospital. The specific instructions will be on the prescription.
- Take the pain medicine if you have pain, not as a routine to prevent pain.
- You may experience some shoulder pain. This is due to irritation of the diaphragm by the carbon dioxide that was used during the laparoscopy. This pain usually resolves after 24 hours. Some patients experience mild back pain.
- You may use a heating pad to your abdomen/shoulder to relieve incisional or gas pains.
- **DO NOT DRIVE AFTER TAKING PAIN MEDICATION!!**

Constipation

- Constipation is not unusual after surgery. Your intestines may be slow to wake up for 3 to 4 days. Pain medication tends to slow your bowel activity. Both may contribute to constipation.
- Drink at least 6-8 full glasses of fluids a day.
- Eat a high bulk diet.
- If necessary, take milk of magnesia (two tablespoons), you may repeat the dose in 6 hours.
- Do not take any medication for diarrhea without prior contact with our office.

Notify our office if any of the following occurs:

- Increased pain, redness, drainage or swelling in the surgical area.
- Pain or burning with urination or frequent urge to urinate.
- Vaginal bleeding that soaks more than 1 pad per hour.
- Vaginal discharge that persists longer than 1 month or has a foul odor.
- Fever greater than 100.6
- Nausea, vomiting, or inability to have a bowel movement.
- Headache, muscle aches, dizziness or a general ill feeling.
- Shortness of breath, calf pain, or swelling in your extremities.

Please call our office with any questions or concerns.