



WOMEN'S HEALTH  
SPECIALISTS  
OF ADVANTIA

## Instructions After Laparoscopic Myomectomy

### Activity

- Take it easy for the first week after your surgery! Someone should be available to help care for you the first few days.
- 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 10 pounds).
- If an activity hurts, you should not be doing it.
- You should be back to fairly normal activity after 4-6 weeks.
- You should not do any heavy lifting or vigorous exercise. After six weeks consult the doctor to discuss when you may resume these activities.
- You should not drive your car for one week after returning home, or until after you have stopped taking the narcotic pain medication. You may take short trips if someone else drives.
- After six weeks, you can do anything that is comfortable for you. If an activity still hurts, do not do it.
- Sexual relations may be resumed in 8 weeks (or when advised).
- You can plan to return to work after 2-4 weeks if you do not have to lift, strain or stand for long periods of time.
- It is normal to experience some fatigue as you start to increase your activities. Some days will be better than others. Be patient with yourself. Over the next few weeks you will gradually increase your energy level and return to your normal lifestyle.

### Wound Care

- Your skin has been closed with absorbable suture material in the inside. The outside has skin adhesive called Dermabond.
- Shower as usual. 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 up to 6 weeks.

### Diet

- You may have regular foods as tolerated. A well-balanced, high-protein 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 heavy or large meals.

## **Pain**

- You will have some vaginal and abdominal discomfort 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.
- You may use a heating pad to your abdomen to relieve gas pains.
- 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.
- **DO NOT DRIVE AFTER TAKING PAIN MEDICATION!!**

## **Constipation**

- Constipation is not unusual after surgery. Pain medication tends to slow your bowels and pain tends to keep you from straining to have a bowel movement--both may contribute to constipation.
- Drink at least 6-8 full glasses of fluids a day.
- Eat a high bulk, high protein diet.
- If necessary, take milk of magnesia (two tablespoons).
- 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, 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.

**If you do not currently have a post-op appointment scheduled, please call the office to schedule a visit for approximately 2-3 weeks after your date of surgery**