



**EXPLORATORY LAPAROTOMY
POST-OP INSTRUCTIONS**

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1) DISCHARGE MEDICATIONS: _____

2) ACTIVITY INSTRUCTIONS:

- a) NO LIFTING GREATER THAN 10 #'S (GALLON OF MILK)
- b) NO PUSHING, PULLING, OR TUGGING
- c) NO DRIVING FOR 2 FULL WEEKS AFTER DISCHARGE
- d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING)
- e) NO EXERCISING OTHER THAN NORMAL PACE WALKING
- f) SWIMMING (POOL) AND BATHING IS OKAY

3) WARNING SIGNS:

- g) BLEEDING LIKE A PERIOD
- h) FEVER GREATER THAN 100.4 DEGREES
- i) WOUND BECOMING RED AND HOT
- j) WOUND DRAINING AND/OR SEPARATING
- k) GREEN OR YELLOW VAGINAL DISCHARGE
- l) VAGINAL DISCHARGE WITH FOUL ODOR
- m) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAIN

IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:

- n) SPOTTING FOR 7 -10 DAYS POST-OP
- o) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
- p) CLEAR TO WHITE DISCHARGE FOR 4-6 WEEKS AFTER SPOTTING
- q) CONSTIPATION OR CHANGE IN BOWEL HABITS
- r) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
- s) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
- t) NUMBNESS AROUND INCISION
- u) SHARP PAINS AT SITE OF ABDOMINAL CLOSURE
- v) BRUISING AT AND AROUND INCISION
- w) PATHOLOGY BACK IN 3-4 WORKING DAYS
- x) IF HORMONES TAKEN, YOU MAY INITIALLY EXPERIENCE HOT FLASHES, NIGHT SWEATS, OR IRRITATION @ SITE OF PATCH

5) FOLLOW UP VISIT:

- y) APPOINTMENT FOR STAPLE REMOVAL: _____
- z) POST-OP VISIT APPOINTMENT: _____

6) DIRECT ANY ROUTINE QUESTIONS TO MY OFFICE

MONDAY THRU FRIDAY 8 A.M. TO 5 P.M.

(318) 212-7840