



**DIAGNOSTIC LAPAROSCOPY
POST-OP INSTRUCTIONS
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- 1) DISCHARGE MEDICATIONS: _____

- 2) ACTIVITY INSTRUCTIONS:
 - a) NO LIFTING FOR 72 HOURS
 - b) NO PUSHING, PULLING, OR TUGGING FOR 72 HOURS
 - c) NO DRIVING DAY OF SURGERY
 - d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING) FOR ONE WEEK
 - e) NO EXERCISING OTHER THAN NORMAL PACE WALKING FOR 72 HOURS
 - f) SWIMMING (POOL) AND BATHING IS OKAY

- 3) WARNING SIGNS:
 - a) FEVER GREATER THAN 100.4 DEGREES
 - b) WOUND(S) BECOMING RED AND HOT
 - c) WOUND(S) DRAINING AND/OR SEPARATING
 - d) GREEN OR YELLOW VAGINAL DISCHARGE
 - e) VAGINAL DISCHARGE WITH FOUL ODOR
 - f) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAINIF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

- 4) EXPECTATIONS:
 - a) SPOTTING FOR 7 -10 DAYS POST-OP
 - b) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
 - c) WOUND "GLUE" WILL FALL OFF IN ~ 1 WEEK
 - d) CONSTIPATION OR CHANGE IN BOWEL HABITS
 - e) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
 - f) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
 - g) NUMBNESS AROUND INCISIONS
 - h) SHARP PAINS AT SITE OF ABDOMINAL INCISIONS
 - i) BRUISING AT / OR AROUND INCISIONS
 - j) PATHOLOGY BACK IN 3-4 WORKING DAYS (IF DONE)

- 5) FOLLOW UP VISIT:
 - a) 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