DIAGNOSTIC LAPAROSCOPY
POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

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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 PAIN

   IF 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

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