



**OPERATIVE LAPAROSCOPY  
POST-OP INSTRUCTIONS  
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1) DISCHARGE MEDICATIONS: \_\_\_\_\_

2) ACTIVITY INSTRUCTIONS:

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

3) WARNING SIGNS:

- g) FEVER GREATER THAN 100.4 DEGREES
- h) WOUND(S) BECOMING RED AND HOT
- i) WOUND(S) DRAINING AND/OR SEPARATING
- j) GREEN OR YELLOW VAGINAL DISCHARGE
- k) VAGINAL DISCHARGE WITH FOUL ODOR
- l) 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

5) FOLLOW UP VISIT:

- a. POST-OP VISIT APPOINTMENT: \_\_\_\_\_

6) DIRECT ANY ROUTINE QUESTIONS TO OUR OFFICE  
MONDAY THRU FRIDAY 8 A.M. TO 5 P.M. (318) 212-7840