Bossier Healthcare for Women

OPERATIVE LAPAROSCOPY POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

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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

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