

## Notify the Doctor or Go to the Emergency Department if any of the following happens:

- continued or heavy bleeding from vagina or incisions,
- chills and/or fever over 38.5°C or 101.2°F,
- continued burning on urination;
- worsening abdominal pain especially with distention
- continued nausea and vomiting;
- wound redness, pus-like (yellow or green) drainage or swelling.

### Besides these general instructions remember also:

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For more copies, go online at <http://vch.eduhealth.ca> or  
email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **GG.230.L311**  
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# Laparoscopy

(For Gynecological Procedures)

## Discharge Instructions



How you want to be treated.

North Shore, Sea to Sky,  
Sunshine Coast, Powell River,  
Richmond and Vancouver

## General Information

Laparoscopy is performed for a variety of diagnostic and treatment reasons. Your doctor will discuss this with you.

## The Procedure

A general anesthetic is necessary to relax the abdominal muscles, so you will be asleep for the procedure. A very small cut (incision) is made at the umbilicus (navel or belly button). Carbon dioxide is introduced to allow viewing of the inside of the abdomen. A laparoscope is a lighted telescope, which is inserted through the incision. 1 or 2 small cuts may be made for instruments to be inserted.

## Important Points in Treatment

### Bleeding

- Expect some light vaginal bleeding for up to one week.
- **DO NOT** wear tampons if a hydrotubation or D&C has been done.
- If incisional bleeding occurs under the tapes, apply firm steady pressure over the area for 10-15 minutes or until the bleeding stops.

### Dressings

- If you have Band-Aids or tapes on your abdomen, remove them after 48 hours. Any stitches will dissolve in 7-10 days. You may use band-aids if clothing rubs.
- You may shower unless your doctor advises against it.

## Pain

- You may have some minor discomfort or cramping in your lower abdomen.
- You may have some chest or shoulder discomfort for 24 to 48 hours. This is caused by the gas that was placed inside your abdomen during surgery. A hot water bottle and/or lying flat may also help.
- Take the medication for pain, as prescribed, or use a non-prescription medication that you normally use.

## Diet

- Eat lightly to minimize abdominal gas.

## Activities

- Wait 2 days before resuming normal activities.
- Avoid intercourse for 7 days. If applicable, resume contraceptives right away, unless you have had your tubes tied.
- Your menstrual period may be late or irregular for 1-2 months.

## Follow-Up Appointment

- Contact your surgeon's office to arrange for an appointment.