



JOHNSON COUNTY OB/GYN, CHARTERED

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GYN LAPAROSCOPY DISCHARGE INSTRUCTIONS

Diet

As soon as you feel like it, you may eat and drink in moderation.

Activity

You may return to work tomorrow if you feel like it. However, some patients prefer to take one or two days off work.

Pain

Use prescription pain medications as prescribed or any over-the-counter pain medications such as Tylenol® or Advil®. Occasionally the carbon dioxide gas in the abdomen forms a bubble under the rib cage which can cause pain in the chest and shoulder. Lying down flat and using a heating pad can help this discomfort. Notify your doctor of any increasing abdominal pain.

Wound Care

Usually the stitches are under the skin and will dissolve in time. You may shower in 24 hours and change the band-aid daily. If there is not damage from the incision, the band-aid may be left off. Report any signs of infection such as increased soreness, redness or pus.

Menstruation

Generally there is no change in menstrual pattern. If you had a tubal ligation and are taking birth control pills, finish the package you are on before stopping them. Sometimes there is slight vaginal bleeding following surgery due to the mechanics of the operation. Continue to use a pad at home and call if there is excessive bleeding. If you are taking basal body temperatures, continue taking it and mark your chart the day you start your period. Bring your chart when you return to visit the doctor.

Return Appointment

Call your doctor's office in the next few days to schedule a return appointment with your doctor, which is usually in one to two weeks.

NOTE: If these instructions differ from what you were told, please follow your physician's instructions.