



# LAPAROSCOPY

*Date of Surgery* \_\_\_\_\_

**Please bring this booklet the day of your surgery.**

QHC #160

## **What is a Laparoscopy?**

A laparoscopy is a surgical procedure during which a lighted viewing instrument (laparoscope) is inserted into the lower abdomen through one or more small incisions. Air is put into the abdomen to allow the Surgeon to see the area more clearly.

The procedure takes about 20-30 minutes and is usually done under a general anaesthetic (which puts you to sleep).

## **After the Procedure**

It is common to feel more tired than normal for the first week after the surgery. Get extra sleep at night and taking a nap during the day will help you feel less tired. Have someone available at home to help as needed.

Nausea, vomiting, and dizziness may be experienced for 24 hours after the surgery. You may obtain anti-nausea medication without a prescription, i.e. Gravol (suppository, or pill) or Bonamine (chewable) to relieve these symptoms.

You may experience incisional discomfort and/or abdominal bloating. Shoulder discomfort is also common from the air that is inserted into the abdomen. Lying flat will help ease this. Take any prescribed pain medication as needed.

Try to keep your bowels soft to avoid any straining. Eat high fiber foods, such as whole grain breads, cereals, fresh fruits and vegetables. If necessary, use a mild laxative.

## After the Procedure

You may shower the day after the surgery. Apply a clean bandaid(s) after your shower. After the third day, no bandaid(s) is required.

The stitches will dissolve on their own. If you have any moistness at the incision sites, clean them with peroxide or an alcohol solution 3-4 times per day. It is common to have a little redness at the incisions for a few days after the procedure.

There may be some vaginal spotting for up to 2-3 days. No sexual intercourse until the spotting stops for 24 hours, then whenever you feel comfortable.



**Call your Surgeon or Come to the Nearest Emergency Department if you experience:**

- Increased pain not relieved by the prescribed medication
- Any bleeding or discharge from the incisional sites
- Unable to pass urine, or a feeling of fullness in the bladder
- Unusual cough, shortness of breath or chest pain
- Leg tenderness, redness or swelling in the calf

## **Appointment**

Call your Surgeon's office to arrange a follow-up appointment.

## **Special Instructions**

## **Questions?**

Developed By: Surgical Services, 2004

Approved By: Department of Gynecology, Quinte Health Care

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