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POST LAPAROSCOPY INFORMATION

Follow up

Please ring to make a follow up appointment 2-4 weeks after surgery.

General

Do not drive for 24 hours after an anesthetic or when still taking pain medication. Check with your insurance company for their specific rules about driving after surgery. Gradually increase fluid then food intake to appetite.

You can usually return to a desk job around 3 days after surgery, but manual work should be avoided for at least 2 weeks. Your level of energy and pain is your best guide to whether you are able to return to work or other activities. Please contact my rooms if you need an extended medical certificate

Pain relief

Take 2 panadol every 6 hours for two days to help with discomfort. If this is not enough, add an anti-inflammatory drug such as Voltaren 50 mg, twice a day. The panadol can also be substituted for panadeine forte if you are needing strong pain control. Please contact me if you still have pain despite these measures.

Wounds

Your wounds are closed with absorbable stitches and are covered with waterproof dressings. You can shower as usual with these on. You can peel off the dressings in the shower after 1 week. It doesn't matter if they fall off before this. It is normal for wounds to be slightly red and raised for several weeks after the surgery, and for there to be an area of numbness around the wounds for several months after surgery. Please let me know if you notice severe or increasing redness around the wounds or a discharge from the wounds.

Bowels

It is common for bowels to be sluggish after a laparoscopy. I recommend that you eat a high fibre diet with plenty of fluid and take a gentle fibre supplement such as Normacol 1 tsp daily after surgery until your bowel habits are back to normal. If you have not opened your bowels at all for 3 days after the surgery, please let me know.

Vaginal bleeding

It is normal to have some light vaginal bleeding for up to 5 days after surgery due to the instruments we have used in the operation. Please let me know if this is heavier than a normal period or goes on for more than 5 days. Your normal period usually comes on time after a laparoscopy. Sexual intercourse can resume after your bleeding has stopped.

Exercise

Avoid crossing legs when sitting or in bed for a week after surgery.
Gentle exercise such as walking to be reintroduced gradually from the day after surgery.
Avoid strenuous exercise or weight lifting for two weeks after surgery.

Emergencies

Please let me know at any time if you have the following

Severe pain not controlled with panadeine forte
Nausea and vomiting where you are unable to hold down any food or fluid
Episodes of unconsciousness/ fainting
High fevers (over 38 degrees) or uncontrollable shivering.
An inability to urinate despite a very full bladder.

If you are unable to contact me and have any of the above please present to your nearest emergency department.

Please let me know during waking hours if you have any of the following

Need for panadeine forte more than 3 days after surgery
Vaginal bleeding for longer than 5 days (unless your period is due)
Fever (temperature over 37.4 degrees) and shivering
Bowls not opened for more than 3 days after surgery
Wounds that are discharging, have an offensive smell, or increasing redness.

Kind regards

A handwritten signature in black ink that reads "K Rowan". The signature is written in a cursive, flowing style.

Dr Katrina Rowan