

POST LAPAROSCOPY HOME CARE TIPS

Anesthesia- You will feel groggy for a day or two after the procedure.

Activity- In the initial days after your procedure you should treat yourself to some extra rest and relaxation.

Exercise- Walking and Swimming are OK after 24 hours. High impact aerobics and similar activities should be avoided for about 2 weeks.

Problems with Elimination- Sometimes the anesthesia takes awhile to wear off and some women have trouble urinating easily the day of surgery. While you were asleep you have a urinary catheter in place to keep your bladder empty and the first time you urinate it may feel irritated. This usually passes after the first day. For bowel constipation you may use any over the counter product that you would normally use.

Vaginal bleeding- this is common after a laparoscopy and will be similar to a period. Your first period after the surgery is also usually more crampy and has a somewhat heavier flow. You can use Motrin or Advil (if you are not allergic to them) and it will help with the cramps and may also help decrease the flow.

Abdominal Distention- This is from the carbon dioxide gas used during the surgery. It will take several days for this to absorb. Most women feel more comfortable wearing loose in the waist slacks or sweatpants. Walking helps the gas to move around too. Also try frequent changes in position.

Baths or Showers are ok after your procedure.

The incision may have been closed with Dermabond Skin adhesive. This will protect the incision and keep infection out. Try not to pick it off. It may stay in place for several weeks.

Medications- The following is a common list of medications that may be prescribed for home use after your procedure. Not everyone will be given all of them.

- **Motrin-** for cramping
- **Tylenol with Codeine, Percocet, Ultracet, Darvocet-** for pain not relieved by Motrin
- **Antibiotic-** to prevent infection, or if you have a history of mitral valve prolapse
- **Laxative-** to promote easy passage of stool

For any questions don't hesitate to call. After office hours an advice Nurse is available to you by calling our office number too! At New Horizons we try to be here for you 24/7 ! So call 727-789-9006 if you need to.