

GENESIS OB/GYN, INC.

POST OP INSTRUCTIONS
FOR LAPAROSCOPY

1. Call the doctor's office today and make an appointment to see the doctor in 1 week.
2. Stay on a liquid diet today and resume your regular diet tomorrow.
3. DO NOT be alarmed if you experience any of the following:
 - Bloating
 - Abdominal cramping
 - Some vaginal discharge or bleeding
 - Incisional tenderness
4. Take your prescribed medications for pain as directed. If you experience continued nausea/vomiting, call your doctor's office for instructions.
5. Remain quiet for the first day. Someone should be with you the first day so you can rest. No lifting or straining.
6. If you are uncertain about anything, please call the office or exchange.
7. Keep the incisions clean and dry. Remove the dressing in 24 hours. You may clean the incision with hydrogen peroxide. You may shower.
8. Refrain from sexual relations until further notice from your doctor.
9. For vaginal drainage, use sanitary napkins. No tampons until advised by your doctor.
10. Call your doctor if you have any questions or are concerned about any problems.
11. You may use a Fleet's enema if needed for gas relief.
12. If you have chest or shoulder pain it is because you have air in your abdominal cavity. To relieve this, elevate your hips higher than your shoulders and apply heat to your shoulders with a heating pad. The gas will dissipate over the course of 2-3 days and the pain will go away.