Home Care After Laparoscopy or Pelviscopy

Here are instructions for your care at home after your surgery.

Medicines

- Medicines sent home: ____________________________________________

- Start own medicines.
- Non-aspirin over-the-counter medicine for pain: ____________________

Diet

- Drink plenty of liquids and eat light meals today. Start your regular diet tomorrow.
- Start your regular diet today.

Activity

- May return to work/school on ________________________________
- Rest today. Start normal activities in 24 to 48 hours.
- No vigorous activity or heavy lifting for ________________________
- No sexual relations, douching or use of tampon for two weeks.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Wound Care and Hygiene
- Keep dressing dry and in place until tomorrow. Steri-strips should not be removed until incision is completely closed.
- Keep incision clean and dry.
- May shower 2 days after surgery (no tub baths). Pat incision dry after bathing.

After Anesthesia
You should rest for 24 hours after getting anesthesia. Do not drive, drink alcoholic beverages or make any important decisions during this time. General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms can last for one or two days.

What to Expect After Surgery
- Vaginal drainage or spotting up to one week
- Mild cramping for a few days
- Mild or moderate abdominal discomfort and tenderness
- Chest and shoulder discomfort (changing position will decrease your discomfort)

Call your doctor if you have:
- Heavy vaginal bleeding or bleeding that does not stop (when you soak a pad every hour)
- Pain not relieved with medicines or a change in position
- Increased redness, swelling, bleeding or drainage at the incision site
- A fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- Call your doctor’s office at _________________ to make a follow up appointment in ________ weeks.

Appointment:
- Date ________________________________
- Time ________________________________

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• If you have questions or problems, call your doctor’s office at:

• If you are unable to reach your doctor, call:
  ▶ Ambulatory Surgery Unit at (614) 293-8795
  ▶ The hospital operator at (614) 293-8000 and ask for the resident on call for your doctor
  ▶ (614) 293-8333 - OSU Emergency Department