



Information and advice following Laparoscopy

Laparoscopy is an examination of the abdominal cavity. You may feel drowsy for the next 12 to 24 hours. It is therefore advisable that during this time you take things easy.

You should not:

- Drink alcohol
- Drive a car
- Operate hazardous machinery
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Partake in any strenuous activities such as sport

Severe abdominal pain is uncommon following laparoscopy and should be reported to your doctor. If unable to contact your doctor please attend the Emergency Department located at Epworth Richmond.

However abdominal discomfort is not unusual and this should be relieved with analgesic tablets such as Panadol, Panadeine etc. You may find a hot pack, hot water bottle or warm wheat bag will also help relieve discomfort.

Dressings

The small abdominal incisions will either be held together by steri strips or you may find a stitch / suture in place.

Steri strips

These are thin dressing strips that hold the incision together. These should remain in place for approximately four days and can be "pat dried" after showering. After the four days the steri strips may be carefully removed. The small dressing protecting the steri strips should be removed the day after surgery whilst showering.

Sutures

If you have sutures in place you should leave the protective dressing in place until they are removed. You can see your own GP / doctor 3 to 4 days following surgery, as advised by nursing staff prior to your discharge home, to have stitches taken out.

Shoulder Pain

During the following 24 to 72 hours you may experience pain in your chest, neck and shoulders. This is due to gas, which is trapped at the time of the operation and usually responds quite well to pain relief tablets.

Nausea

Nausea and vomiting are occasionally present after a general anaesthetic. Continue to drink clear fluids. If this persists please contact your doctor or the Epworth Richmond Emergency Department on +613 9429 4321.

Abdominal distension

You may experience a bloated or distended abdomen after laparoscopy surgery. This should improve over the first few days.

Dizziness

This is common following an anaesthetic. It is advisable not to stand up too quickly. Move around carefully.

Showering

You may shower the day following a laparoscopy. It is advisable to have someone nearby in case you feel faint. It is recommended that you breakfast beforehand.

Spa baths and swimming are not recommended for approximately one week to avoid introduction of infection.

Vaginal bleeding

Slight to moderate vaginal bleeding is normal. It should last only a few days. It is important not to use internal tampons during this time to avoid infection. If bleeding persists or becomes very heavy consult your doctor.

Activity

It is normal to feel tired for up to one week. Rest as necessary and avoid planning strenuous activity.

Avoid heavy lifting for one week or resume when comfortable

No gym or running for one week.

Return to work when you feel comfortable and are able to concentrate adequately

Driving

Please check with your personal insurance company regarding cover when to resume again.

If you have any problems or concerns related to your procedure please contact your doctor.

Epworth Richmond has an Emergency Department you may attend if necessary, or contact on +613 9426 6303.