

Post-Operative Instructions Laparoscopy

- Call our office for an appointment to see your doctor or one of the nurse practitioners in two weeks.
- Stay on a liquid diet the day of your procedure. Resume a regular diet the following day.
- DO NOT be alarmed if you experience any of the following:
 - Bloating
 - Mild abdominal cramping
 - Vaginal discharge
 - Incision tenderness
 - Nausea and/or vomiting (usually the first day)
- Take your prescribed medication(s) for pain as directed. If you experience continued nausea/vomiting, call our office for instructions.
- Remain quiet for the first day. Someone should be with you first day so you can rest. No lifting or straining.
- Keep the incision(s) clean and dry. Clean with hydrogen peroxide and change the bandage daily. You may shower.
- Refrain from sexual relations until further notice from your physician.
- For vaginal drainage, use pads. If you must use tampons, use only those without applicators.
- Call our office (314-993-7009) during working hours or through the Exchange at night (314-388-6595) if you have any questions or if a problem should arise.