

LAPAROSCOPY

PATIENT DISCHARGE INFORMATION

ABOUT THE PROCEDURE:

- A laparoscopy is a medical procedure to examine the pelvic or abdominal cavities via a slender camera inserted through a small incision. Other instruments can also be inserted to move organs or perform procedures as needed.
- The abdomen is inflated with carbon dioxide gas to improve visualisation.

FOLLOWING THIS PROCEDURE:

- Please allow 24 hours recuperation to alleviate muscle aches and pains that can occur following an anaesthetic.
- Do not drive for 24 hours following a general anaesthetic.

It is Normal to Expect:

- Mild nausea related to the anaesthetic.
- Fatigue and muscle pain related to the anaesthetic.
- Cramping or discomfort similar to period cramps for 1 to 2 days.
- Pain at incision sites.
- Mild bleeding/vaginal discharge for approximately 3 to 5 days (can last up to 14 days)
- A sensation of swelling in the abdomen.
- Discomfort in the shoulder area and sometimes under the rib cage caused by a small amount of gas remaining under the diaphragm. This discomfort usually disappears within 48 hours when the gas is absorbed.
- To be able to return to work 2 to 14 days post surgery, depending on what was done in theatre.

MANAGING PAIN POST OPERATIVELY:

- It is recommended that you use Panadol/Panadeine and/or Ibuprofen as prescribed or directed.
- In addition to the above medications, you will also be discharged home from hospital with stronger pain relief. Please take as directed by your specialist or the hospital staff.
- Lying flat can help relieve discomfort in your shoulders caused from the gas. A hot pack and drinking peppermint tea may also help relieve this discomfort.

DRESSINGS:

- **If incision sites are covered with a dressing, leave intact for 24 to 48 hours, then remove.**
- Keep incision sites clean and dry. You may shower with dressings in place, however it is important that you either pat dry the dressings and/or dry with a cool hairdryer afterwards.
- Unless otherwise instructed by hospital staff, the stiches are under the skin and will dissolve on their own.

HYGIENE:

- Shower as normal. Do not swim in pools, use baths or spas until the bleeding/discharge ceases.
- Sanitary pads/liners should be used and changed regularly. Do not use tampons.
- Abstain from sexual intercourse and do not insert anything in the vagina until the bleeding/discharge ceases.

IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS:

- Pain continues or worsens and is not eased by mild pain relief medication.
- You are concerned about the amount or duration of bleeding.
- The incision sites become inflamed or have offensive discharge.
- Your vaginal discharge is offensive.
- You have problems voiding, eg. pain or burning on passing urine, the need to pass it frequently, or increasing difficulty emptying the bladder.
- Nausea/vomiting that does not settle.
- You have a fever or chills.

Please seek immediate help as follows:

1. During office hours of 9am to 5pm Monday to Thursday and 9am to 4pm Fridays, contact Care Gynaecology: Phone (02) 6058 6188 and dial 2 to speak to the Practice Nurse.
2. Contact the hospital you attended for your surgery:
Albury Wodonga Private Hospital: Phone (02) 6041 1411
3. Contact your normal GP or
4. If you have further concerns, present to the Albury Wodonga Health (Wodonga Hospital) Accident and Emergency Department.

Note: Albury Wodonga Health (Albury Hospital) Accident and Emergency Department does not have gynaecology services.

POST OPERATIVE FOLLOW UP:

- You will receive a follow up phone call from our Practice Nurse approximately seven days following your procedure to check on your progress and discuss your pathology results (if applicable).
- You will have a post-operative appointment with your specialist to check on your recovery (usually at six weeks post surgery).