

WHAT TO EXPECT AFTER YOUR LAPAROSCOPY:

1. Activity:

You should be able to return to normal activities over the next few days. The day of the surgery you may be slightly lightheaded, nauseated and tired. You should refrain from serious exercise or weight lifting for the first 1-2 weeks following the surgery.

2. Typical symptoms after the surgery:

- Your belly may feel somewhat bloated and enlarged from the gas used to distend your abdomen.
- You may feel some right or left sided shoulder pain as a result of the gas. Both of these symptoms should resolve in 2 to 4 days after the surgery.
- You may feel some soreness over the incision sites, followed by itching and pulling from the stitches. This is normal.

3. Reasons to call:

- FEVER
- HEAVY VAGINAL BLEEDING (described above)
- SEVERE ABDOMINAL PAIN, PERSISTENT NAUSEA AND VOMITTING
- INCREASING TENDERNESS OVER THE INCISION SITES OR DRAINAGE
- Office number: 466-0778

4. Medications after the procedure:

PAIN MEDICATION -- Most people do not require anything stronger than Tylenol, Advil, Mortin or Aleve for discomfort. You may receive a prescription for Percocet depending on the surgery. Please call if you think you are in need of a stronger pain medication. Office number: 466-0778

5. Call for a post-operative check up in 1-2 weeks. At this visit, your incision sites will be examined and most likely the sutures will be removed.