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## **Post-Operative Instructions for: Laparoscopy, Tubal Ligation, Laser Laparoscopy**

- 1.** Though your incisions are small, you had a major surgery. Take it easy, especially for the first few days. You may drive in one week.
- 2.** Call your physician for any of the following:
  - Temperature of 101 degrees or higher
  - Nausea or vomiting lasting more than 24 hours
- 3.** Expect the following:
  - Pain throughout the lower abdomen as well as at the incisions
  - Bruising on the abdomen
  - Light bleeding from the vagina
  - Shoulder pain – Sometimes this is the worst pain you will have. It is caused by irritation to the diaphragm. The same nerve that supplies the diaphragm supplies the shoulder. This pain may take up to a week to resolve.
  - Sore throat – General anesthesia requires a tube to be placed in your airway to allow breathing. This can irritate the airway. Chloroseptic and ibuprofen will help with this.
- 4.** Here are a few recommendations to make your recovery easier:
  - Eat a low-fat, high fiber diet for the first week after surgery. It is common to have changes in your bowel function (constipation or bowel cramping) after general anesthesia and abdominal surgery. If you eat high-fat comfort food, you may pay for it with worsened crampy pain.
  - Take ibuprofen (if you are not allergic or intolerant to it) at a dose of 800 mg (four over the counter pills) at every meal for two or three days.
  - Take the pain medication prescribed to you if you need them. Don't be tough – it's harder to get out of pain than to keep pain at a minimum.
  - You may shower normally. Soap and water are fine on the incision. You may also clean the incision, but do not use any antibacterial ointments. Dry the incision well after bathing.
  - You may resume sexual activities one week after uncomplicated laparoscopy.

**Call the office at 904-819-1500 with any concerns**