

NORTHSIDE/NORTHPOINT OB-GYN

Advanced, heartfelt care for all the stages of life

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Post Operative Instructions:

Laparoscopy

1. Expect vaginal bleeding for 1-2 days from the uterine manipulator that was on the cervix.
2. Shoulder pain is not uncommon. It usually refers to right shoulder and is best treated with heating pad or change in positions.
3. No heavy lifting for 7 days.
4. Call our office if foul smelling vaginal odor or discharge, excessive bleeding greater than 1 pad per hour, fever greater than 101 degrees Fahrenheit, excessive nausea, vomiting or severe pain not controlled by pain medications.
5. You may bathe after 24 hours and showering in fine at any time.
6. No sexual intercourse for 1 week-nothing per vagina, no douching, no intercourse, no tampons.
7. No vigorous exercise for 1 week.
8. No driving for 24 hours.
9. Expect mild to moderate pain or cramping for 7-10 days. Take Motrin or Anaprox regularly and add the narcotic medications such as Percocet, Lortab, or Morphine as needed.
10. Make an appointment for post-op follow up in 3-4. If you experience constipation, feel free to use Metamucil, Milk of Magnesia, Senekot stool softener, Ducolax tablets or suppository or any over the counter medications.
11. For gas pain you may use Gas-x or Mylicon.
12. Call and make a post operative appointment in 3-4 weeks.
13. If breast feeding, pump and dump milk for 24 hours.