

## **Post Operative Instructions: Laparoscopy**

1. Expect vaginal bleeding for 1-2 days from the uterine manipulator that was on the cervix.
2. Expect mild to moderate pain and/or cramping for up to 7-10 days. Take ibuprofen 400-600 mg every 4 hours as needed for pain. You can also alternate with tylenol XS 500 mg every 6 hours as needed for pain. If you have severe pain, you can add the prescription medication given in the office (oxycodone, morphine). All medications should be taken with food.
3. Shoulder pain is not uncommon. It usually refers to the right shoulder and is best treated with a heating pad or change in positions.
4. Call the office if you experience severe pain not controlled by pain medications, fever 101 degrees Fahrenheit or greater, excessive nausea and vomiting, purulent drainage from an incision, or excessive vaginal bleeding of greater than 1 pad per hour.
5. You may remove bandages and shower 24 hours after surgery. Avoid baths and swimming for one week. Keep incisions clean and dry. You can allow soapy water to run down incisions while showering and then rinse incisions.
6. Pelvic rest for 7 days which includes abstaining from intercourse and using pads instead of tampons or a menstrual cup.
7. No driving for 24 hours after anesthesia. No vigorous exercise for 48 hours and no heavy lifting for 7 days. Light walking is fine.
8. If you experience constipation, increase high fiber foods. You can also take colace or miralax. For severe constipation try dulcolax.