



Department of Surgery

Gynecologic Laparoscopy Discharge Instructions

Pain

- Soreness and mild pain after surgery are common
- Taking a prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- Contact your doctor immediately if pain is not relieved by medication
- Shoulder and chest discomfort are common after surgery and will stop in two to three days (from carbon dioxide being used to inflate your abdomen during surgery)

Activity

- Do not lift more than 10 to 15 pounds
- Do not engage in strenuous activity
- Take short walks several times a day to prevent blood clots and constipation and to relieve soreness
- Do deep breathing exercises to keep lungs clear and prevent pneumonia
- Do not have sexual relations or use tampons or take douches until you have seen your doctor and received permission to do any of these activities

Bleeding

- It is common to have some vaginal bleeding
- Discharge amount can be similar to a menstrual period
- Call your doctor if you are saturating a regular-sized sanitary pad in less than an hour

Diet

- Begin slowly with clear liquids such as ice chips, jello, tea, Gatorade and broth
- Carbonated drinks such as Sprite or ginger ale can make you feel bloated
- If you are tolerating liquids, continue to solid food
- Avoid fatty and spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting

Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking liquids, and eating a healthy diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two to three days

Remember to wash hands to prevent the spread of germs.

You will receive a follow-up phone call in one to three days after surgery from the Outpatient Recovery department.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Memorial Hospital. We always strive to provide very good care.

Thank you for choosing us.