

Surgery Center of Pinehurst Laparoscopy Home Care instructions

To prevent possible infection:

For two weeks,

- *Do not use tampons
- *Do not douche
- *No sexual intercourse
- *Do not tub bathe. You may shower the day after surgery.

Incisions:

Keep incision sites clean and dry. Remove outer dressing (if there is one) with first shower. Leave steri-strips on, pat them dry, and blow dry (on low) after shower. May remove steri-strips after 10-14 days.

Activity:

Some patients develop discomfort in their shoulders or chest due to the surgical gas. This is common and usually goes away within 48 hours. Walking is the best treatment for this, but you may use a gas medicine like Mylicon or Gas-X.

You may return to work on the 4th day after surgery, or as directed by your physician.

Avoid strenuous activities or exercise for a week after surgery.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate, so drink plenty of fluids.

Do not drive a car as long as you are taking pain medication.

Please call your physician if any of the following occur:

- ***fever** of 101 degrees or higher
- ***persistent, heavy bright red vaginal bleeding** with clots, saturating one pad per hour.
- ***prolonged pain and cramping** that seems to be getting worse and not responding to pain medication, heating pad use and pelvic rest
- ***signs of incision sites becoming infected**, such as drainage, red streaks or increasing tenderness
- ***symptoms of urinary tract infection** such as frequent urination or pain on urination or back spasms

Dr John W. Byron
Dr Walter Fasolak
Dr. Kendall Zmiewsky

Dr. Lee Lowery
Dr Pamela Kantorowski
Dr. Christopher Richberg

Phone:

(910) 692-7928 Southern Pines

(910) 895-7528 Rockingham