



The Association of Minimally Invasive Gynecologic Surgeons

...dedicated to safe, state-of-the-art surgery and health life-styles for women of all ages

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LAPAROSCOPY

POSTOPERATIVE INSTRUCTIONS

Depending on your operation you may be discharged from the hospital several hours after your surgery is over, or in 1 or 2 days. To be discharged you must meet the following criteria:

1. Have adequate control of your pain with oral pain medicine
2. Tolerate any type of diet (liquids, soft, etc.)
3. Able to urinate on your own (in most instances)
4. Vital signs are stable (Blood pressure, temperature, pulse, respiration)
5. Feel as if you are capable of going home.

*****YOU WILL NOT BE DISCHARGED UNLESS YOU MEET THESE CRITERIA**

Things to expect:

1. You might bleed or spot for several days. Use only sanitary napkins, no tampons please.
2. You might have pains in your shoulders, chest, and abdomen. This is caused from the gas used during the procedure and is nothing to worry about. Lying flat might decrease the discomfort. Your pain control prescription should be used for these pains.
3. For seven days: rest, walk, drink plenty of fluids, take only showers, and don't drive. Further activities will be discussed at your 1 week postoperative visit.
4. For constipation: Drink 8-10 glasses of water, Surfak 2x daily, MOM 2 caplets (30cc) every-other-day.
5. You will have small band-aid-type dressings over your little incisions on your abdomen or a membrane glue called Dermabond. If Dermabond is used do not rub oil-based lotions over incision until 10 days have passed. The belly button incision should be cleaned with hydrogen peroxide by letting some drip into the belly button and then showering. It is not necessary to clean it with your finger, a face cloth, or a Q-Tip. Don't worry if water or soap run over the incision. The incision can be dried by using a hair dryer at low speed (cool setting) or by holding a reading lamp with a 40 watt bulb at a distance of about a foot for 5-10 minutes. Leave the belly button incision open to air/sun.
6. There are over-the-counter anti-scarring patches available at most pharmacies. Just ask the pharmacists if you would like to use them.
7. Wear loose clothing for 2 weeks as tight clothing will irritate the belly button and may cause infection.
8. Begin increasing your activity gradually at the instructions of your doctor and/or after seven days of initial healing.
9. I generally recommend a bland diet for 7 days. Thereafter there are no restrictions.
10. Take your temperature at least twice a day for 4-5 days. If it should rise to 100.5 degrees or higher, please contact us at 305-596-3744. Someone will return your call and answer any questions.
11. Please keep your postoperative appointment. During that appointment we will review you surgery, determine long-term plans and options, often look at pictures of your particular problem, review the pathology report, and examine the operative site for healing evaluation.