

**Diagnostic Laparoscopy**

**Discharge Instructions**

**Medication:**

* Resume your preoperative routine medications.
* Take your pain medications and/or antibiotic as explained to you by our nurses.

**Constipation:**

* Some changes in your bowels are normal following any surgery including constipation. To prevent this, drink 6-8 glasses of fluids per day, eat high fibre foods, prunes, etc. Metamucil or Coloxyl & Senna are okay. Call during office hours if these methods are ineffective.

**Wound Care:**

* You have “glue dressings”, they will peel off in a few days, you can wash and dry normally.
* It will take up to 6 months for your incision to mature into its final form. Ridges and raised red scars will diminish in time and smooth out.
* Notify your local doctor or call our rooms if the wound becomes red, irritated, or purulent discharge develops. A small amount of blood or clear discharge is normal initially.
* Some mild abdominal distention and/or cramping are normal. Occasionally, patients report right shoulder pain. A warm heating pad and walking should relieve the discomfort.

**Activity:**

* After surgery, take it easy for a couple of days before resuming your normal routine.
* No driving at the day of your surgery.
* There are no restrictions with regards to heavy lifting.
* It is important to be up and out of bed, walking, but you may fatigue easily and it is important to get enough rest.
* There is no limit to stair climbing.

**Normal Post-Op Changes:**

* You may feel bloated for a few days following your surgery. This will improve with activity.
* Some abdominal bruising is normal, as is drainage and small bleeding from your incisions.
* Vaginal bleeding and discharge are normal for up to 6 weeks if you had any uterine manipulation during your procedure.

**Follow-up:**

* If not already scheduled, please call our office at your earliest convenience to make an appointment for 2 weeks after your surgery: **07 55645110.**
* Reports from biopsies and final histopathology specimens will be received by Dr. Nascimento within 5 to 7 working days. Dr Nascimento will contact you with the results or discuss them with you on your follow-up visit.

**Contact Dr. Nascimento (Pager 07 56765036) at any time if you experience:**

* Bleeding heavier than a period.
* Severe abdominal or back/flank pain, severe nausea or vomiting, or shaking chills.
* Fever over 38°C.
* Burning on urination or inability to urinate.



Dr. Marcelo Nascimento