

Maine Medical

PARTNERS

Surgical Care Casco Bay

Post-Operative Instructions Diagnostic Laparoscopy

Description of the Operation

We will do this operation using three or four small instruments passed through small puncture wounds on your abdomen. We'll close your skin with tiny pieces of tape or transparent glue. You should be able to go home the same day, but it's always wise to be prepared to spend one night in the hospital.

Your Recovery

Because of the way your operation will be performed, we'll put little or no restrictions on your physical activity after the operation. Your level of discomfort should prevent you from over-exerting yourself. As long as you don't lift or strain beyond the point where it hurts, you should be fine. Your pain will most likely fade rapidly, so you should be able to return to work or normal activities within a few days to a few weeks, depending on the activities and how extensive the operation ends up being (based on what we find). You may resume showering the day after surgery. Simply let the pieces of tape or spots of glue fall off on their own.

Pain Relief After Surgery

- Take Extra Strength Tylenol (or generic acetaminophen) 1000mg every 6 hours for 3 days, then only as needed to control discomfort.
- Take Advil (or generic ibuprofen) 600mg every 6 hours for 3 days, then only as needed to control discomfort. (DO NOT use Advil if you have a history of stomach or intestinal ulcers or have had problems taking aspirin in the past.)
- Take 1-2 oxycodone 5mg tablets every 3 hours as needed for discomfort that remains after taking Tylenol & Advil. Not everybody needs this, so you might choose not to fill the prescription. This is a narcotic pain killer. If you use it you must beware of becoming drowsy or inattentive, and you will not be able to drive or operate dangerous equipment. It can also cause nausea and constipation.

The above combination is for maximum pain control. You may skip some or all of the medications if you're comfortable without them.

Most Frequent Problems

- **Discomfort:** It is usually at the belly button and above, but a dull shoulder ache can occasionally last for a day or two. If laparoscopy did not identify or correct the cause of preoperative pain, however, you might continue to have that same pain in addition to the temporary pain caused by the operation.
- **Nausea:** If you feel okay when you leave the hospital but start to feel nauseated at home, it is probably caused by the prescription pain killer. You might want to take only the Tylenol and Advil in that case or call me for a different prescription (which might also causes nausea).

- **Bruising:** This might show up at or near your puncture wounds. It is normal bruising and will fade away.

Reasons to Call Us

- Pain not controlled by your medication
- Fever and wound redness or persistent leakage from an incision
- Any questions or concerns what-so-ever

Post-Operative Office Appointment

Date: _____

Time: _____

We would like to see you in 3-4 weeks. Please call to confirm your appointment or to arrange one if you don't have a date & time yet. If you have any questions, please call (207) 761-6642.

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