



# MONASH SURGICAL PRIVATE HOSPITAL PTY LTD

## POST OPERATIVE INSTRUCTIONS FOLLOWING A LAPAROSCOPY

It is unusual to have problems following laparoscopy but the following symptoms may occur:

**Pain** Abdominal discomfort is not unusual and can be relieved with pain relief tablets such as Panadol or Panadeine.

If you experience severe pain and/or a high temperature following your operation please contact your Doctor.

**Shoulder Pain** During the following 24-72 hours you may experience pain in your chest, neck and shoulders. This is due to gas which is trapped at the time of operation and will respond well to pain relief tablets.

**Vaginal Bleeding** Some bleeding, which occasionally can be heavy, may occur for a few days as a curette is usually performed at the time of the Laparoscopy.

During this time we ask you not to:

- have a bath, spa or go swimming,
- use tampons,
- have sexual intercourse.

**Showering** You may shower the day after surgery. You are advised to eat breakfast prior to showering, to reduced the risk of fainting.

**Sex** You can have intercourse after the bleeding stops and you feel comfortable.

**Stitches** If you have stitches you can go to your local Doctor or Monash Surgical Private Hospital to have them removed. If coming to the hospital, an appointment will be made before you are discharged. If going to your local Doctor take your information sheet to verify the date for removal of stitches.

If you have any questions concerning your recovery, ring Monash Surgical Private Hospital during office hours on 8545 8000.

**For after hours assistance please call your Doctor.**