



# WOMEN'S HEALTH GROUP

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A MEDICAL CORPORATION

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## **Outpatient Postoperative GYN Instructions for Laparoscopic Procedures**

- Rest at home for the remainder of today. Resume regular activities gradually over the next few days. Walking is encouraged!
- Diet: Liquids or light nourishments today. Absolutely no alcoholic beverages until tomorrow. You may resume a regular diet gradually as tolerated.
- You may have vaginal bleeding for 3-10 days. Drainage should be similar to a light menstrual flow. If you need to use more than 6-8 pads a day or you pass clots, call my office.
- Following laparoscopy, you may notice mild abdominal bloating or discomfort in the neck and/or shoulders. This is due to the carbon dioxide gas or fluid introduced during your procedure. If this occurs, lay flat for a few hours. This will help disperse the gas/fluid. Frequent short walks can also help. Avoid constipation, it always makes things worse.
- Constipation: Surgery, anesthesia and narcotics all cause constipation. Over the counter remedies for this includes Colace 100-200 mg twice daily, Metamucil, Milk of Magnesia, 2 teaspoons every 4 hours as needed, or Dulcolax suppositories. Stool softeners and laxatives may be necessary for quite some time so use them as long as needed. Keep well hydrated as this also helps to reduce constipation. Dried fruit such as prunes are also an effective natural remedy for constipation. Chewing gum also stimulates bowel activity. Avoid fried food, bananas, cheese and rice until normal bowel function resumes.
- Slight abdominal cramping for a week is normal. If you develop severe abdominal pain or a fever over 101° F, call my office immediately.
- Sexual intercourse, vaginal douching and use of tampons are to be avoided until your doctor says that it is okay. For a hysterectomy you must abstain for 6-8 weeks.
- You should take a shower tomorrow. Your incisions can get wet when you shower. Pat dry and cover with dry band-aids. If there is plastic covering your incisions, this should be left in place for 3-5 days and then removed. Steri-strips need to remain for 7-10 days.
- Driving: Resume driving when you are no longer taking narcotics and your reflexes and stamina make you a safe driver. If you have an abdominal incision, please do not drive until you feel you can stomp on the brake without hesitation from pain.
- Exercise: Exercise like walking is encouraged during your recovery; however, you will not be able to resume strenuous exercise until cleared by Dr. Shapiro. Avoid high impact sports such as aerobics, running, tennis, and heavy lifting (no more than 5 pounds) until your first post-op appointment. Gradually build your strength back by walking and non-impact sports.
- Make an appointment to see me in the office in 5-14 days if you do not already have one.

- Additional instructions:

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Katie Shapiro, M.D.