

# Information for patients having undergone **Laparoscopic Procedure**

G2392HWF

06/09JB



[www.waikatodhb.health.nz](http://www.waikatodhb.health.nz)

Te Hanga Whatoranga Mō Te Iwi – **Building Healthy Communities**

## Information for patients having undergone Laparoscopic Procedure

### Pain

Following a laparoscopic procedure, you may experience some lower abdominal pain and have a distended abdomen for up to ten days.

You may also feel pain or discomfort in the region of your shoulders. These symptoms are due to irritation caused by the carbon dioxide gas used during surgery.

Pain killers may be necessary, eg. paracetamol tablets or the prescription tablets prescribed by the doctor in Same Day Admission Unit. Follow directions as prescribed. Avoid taking medications containing aspirin for pain relief.

Some bruising may be noticeable on the abdomen. This is caused by the insertion of the instrument used in the procedure to examine the abdominal cavity.

### Rest

We advise you to have a support person with you for the first 24 hours after surgery. You should rest quietly during the 24 hours following a general anaesthetic on a bed or couch. You should NOT cook, drive a vehicle, operate any machinery, make any important decisions or drink alcohol. Continue to rest for the following three to five days, avoid any bending, lifting or physical exertion.

### Dressings

The wounds are closed with dissolving sutures. Remove the dressings on the third day, avoid getting them wet. Bandaid dressings may then be applied to prevent irritation caused by clothes rubbing on the suture lines

### Vaginal bleeding

It is not unusual to have some vaginal bleeding for two to three days after the operation. Sometimes the menstrual cycle is altered over the following month, but usually the following cycle will occur at the expected time.

### Complications

Things to watch for are:

- excessive bleeding/discharge from the suture lines
- redness around suture lines
- gaping of suture lines
- feeling of general unwellness
- raised temperature
- offensive 'smelly' and/or excessive vaginal discharge.

If any of the above occur or you experience other unusual symptoms ring your general practitioner (GP).

### Followup

Please keep your appointment with your GP or clinic.