



POST-OPERATIVE INSTRUCTIONS

LAPAROSCOPIC STERILIZATION, OVARY OR CYST REMOVAL, ECTOPIC PREGNANCY

1. Things to expect:
 - a. Arrange transportation following procedure. You may resume driving when you no longer require strong pain medication (narcotics). Do not drive, operate potentially dangerous machinery, sign legal documents or make critical decisions the day of your procedure or while taking narcotic pain medications.
 - b. Abdominal and pelvic cramping may occur, especially the first few days following procedure. A heating pad placed on your lower abdomen can help reduce discomfort along with Tylenol and NSAIDs over the counter as needed.
 - c. Spotting for first 7 days is not uncommon.
 - d. Slight bleeding from laparoscopic incisions is common within 7 days of procedure.
 - e. Constipation may be managed with laxatives, suppositories, and stool softeners.
 - f. Bruising near your laparoscopic incision(s) is normal.

2. Things to call about:
 - a. Temperature of 100.4 or above (take your temperature if you feel hot or have chills).
 - b. Bleeding that is heavier than a menstrual period (soaking a sanitary pad in less than one hour).
 - c. Severe abdominal aching or sharp pains (some abdominal and pelvic discomfort is expected).
 - d. Increased pain, redness, or swelling at incision site(s). Call your physician if having significant bleeding from incision or large amount of pus-like drainage.

3. Activities:
 - a. No douching, tampons, or intercourse for two weeks following the procedure.
 - b. No swimming, but you may shower or take tub baths.
 - c. Resume activities slowly and rest when you recognize the symptoms of fatigue.
 - d. Avoid strenuous exercise for 2 weeks.

4. Return visit:

An appointment to see your physician in approximately 2 weeks is needed. Call our office (816-478-0220) if an appointment is not already scheduled.