



## INSTRUCTION SHEET LAPAROSCOPY POST-OP

**Obstetrics & Gynecology**  
Highland: (909) 862-1191  
Redlands: (909) 793-3311

### **Post-Operative Instructions for Laparoscopy**

- Leave surgical dressing/bandages on for 24 hours.
- You may shower or bathe in the morning.
- You may experience some shoulder pain (especially on the right) and chest pain. This is normal and caused by the gas injected into the abdomen. The gas is inserted to create a working and viewing space inside the abdomen during surgery.
- No intercourse, douching or tampons for 3 days.
- Expect some vaginal bleeding.
- Report excessive bleeding (saturating a pad every ½ to 1 hour).
- Report severe abdominal cramping, foul discharge or fever or 100.4.
- See your OB/GYN physician in 2-4 weeks.
- Take pain medication as directed.
- Activity as tolerated.
- Diet as usual.