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OPERATIVE LAPAROSCOPY POST-OP GUIDELINES

1. You should have someone to be with you and look after you for the first 24 hours after discharge from hospital.
2. Rest completely for the first two to three days.
3. You can usually return to moderate activities by the fourth day.
4. You can usually return to full activities and work after one to two weeks.
5. Shoulder pain and mild abdominal bloating may occur in the first few days. These symptoms will settle but take pain-killers as necessary.
6. If your abdominal pain is increasing, if you have heavy bleeding or if you develop a fever, please contact me immediately.
7. Avoid intercourse for two weeks.
8. If you have a period in the first two weeks, avoid tampons. Your next period could be abnormal and more painful than usual. You may also have some intermittent spotting or bleeding in the first six weeks after operation.
9. Your sutures will dissolve away, but sometimes can cause a mild inflammation in the first few weeks. However if there is marked redness or severe pain, please contact me or your general practitioner.
10. A large amount of normal fluid solution is often left inside your pelvis/ abdomen at the end of the surgery, which keeps the tissues moist and helps with healing. Sometimes this fluid can leak out of your abdominal incisions, and be clear to yellow-red. Do not worry – this will settle within 1 – 2 days. Use a clean pad or dressing to soak up excess fluid.
11. If you still have dressings on the wound, remove them the day after the operation and keep the wounds clean and dry. You may shower and leave the wounds uncovered.
12. If there are any problems or worries at all, please contact me on the above phone numbers. Otherwise I will see you again at your review appointment in six weeks.