

Fertility & Midwifery Care Center



Surgery Instructions

Diagnostic Laparoscopy

These instructions are intended to address the majority of questions that arise related to your surgery. If there appears to be a conflict between these instructions and those given to you by the hospital, please follow these instructions. If there are any doubts and/or additional questions, please feel free to contact our office by calling **260-222-7401**.

Before Your Surgery

A diagnostic laparoscopy is similar to any other laparoscopic surgery. This surgery is being performed to evaluate your pelvis and pelvic organs typically as part of an evaluation for pain, ovarian cyst(s), or other gynecologic problems. A small incision is made in or beneath the umbilicus (“belly button”) through which a camera is placed. Two or three additional small dime-sized incisions are also made through which instruments are used as necessary to complete the surgery. The surgery is minimally invasive, allowing it to be performed on an outpatient basis and you to go home a few hours following the surgery.

It is critical that your stomach be completely empty for this surgery. After midnight, you are to have nothing to eat or drink. You may be instructed to take any medications you regularly take with a small amount of water the morning of your surgery. If you take insulin for diabetes, please make certain you understand how the physicians of FMCC want you to manage this medication on the morning of your surgery.

After Your Surgery

After surgery you will recover in the post-operative recovery room, where you will remain for approximately one hour. You will then move to the Pre-Post area, the same area where you received your pre-operative medications and began the morning. Most patients remain in this area from one (1) to three (3) hours until they are feeling well enough to be driven home. Note: Someone will need to drive you home from the hospital.

Your FMCC physician will want to see you between two (2) and six (6) weeks following your procedure, depending on the specifics of your surgery. Please call our office to schedule this follow-up appointment if you don’t have it scheduled prior to the surgery.

Take your pain medication as directed and resume taking any medications that you were taking prior to the surgery unless the physicians of FMCC have directed you otherwise. In general, pain medication should not be taken on an empty stomach. There is no advantage to **not** taking pain medication following surgery. In fact, pain often slows the recovery process, so please take your pain medication as needed.

Following surgery you may eat the foods you normally eat, but you may find that frequent small meals are best tolerated during the first few days following your surgery. It is particularly important to drink adequate amounts of liquids following surgery and to rest as often as needed.

You may remove any bandages the day following your surgery and shower/bathe as you desire. If covering your incision(s) with a bandage makes you more comfortable, feel free to do so. A small amount of redness and/or inflammation at the incision site(s) is very common. If you notice this, clean the site(s) daily with hydrogen peroxide. Some patients find it helpful to dry their incision site(s) with a hair dryer on the cool setting. If you have questions or concerns about your incision site(s) don't hesitate to contact the office.

We ask that you refrain from driving a vehicle while you are taking narcotic pain medications.

Considerable fatigue the first day following this surgery is common. It is also common to experience right shoulder pain following laparoscopic surgery. This is caused by trapped gas beneath the diaphragm and may last two (2) or three (3) days.

You may restart your regular exercise routine as you feel appropriate, however, don't be surprised if your endurance is not what it was prior to your surgery. Return to exercise slowly and gradually increase the frequency and intensity based on how you feel. In general, if a given activity causes pain, refrain from that activity for a few days then try again.

There are no restrictions on bathing or swimming in pools or lakes following your surgery.

Unless the physicians of FMCC have advised you otherwise, there are no specific restrictions on lifting, climbing stairs, sexual intercourse, or other activities. Again, proceed slowly based on how you feel and, "Listen to your body..."

You may return to work when you feel ready to do so. If you need a work release letter please contact our office and we will be happy to take care of this for you.

Call us at 260-222-7401 if you experience any of the following

- Fever above 101.5° F
- Nausea or vomiting unrelated to pain medication
- Abdominal or pelvic pain that is not relieved by pain medication
- Inability to urinate