

Laparoscopic surgery

Post-operative information

What happens afterwards?

Most patients can go home same day, some may need an overnight stay. This will depend on the extent and timing of your surgery. The nursing staff will co-ordinate your discharge. Before you can leave, you need to have had something to drink, something to eat and to have passed urine. The nursing staff will also check that your observations such as blood pressure are all normal. A friend or family member will need to escort you home as you have had an anaesthetic.

What advice do I need once I go home?

- Ensure someone stays with you overnight post-surgery.
- You may be sore around the cuts in the skin and feel bloated, with a general feeling of discomfort in the abdomen, for two to three days. You may also feel pain in your shoulders due to the indirect effect of irritation to one of the nerves by carbon dioxide gas inside the abdomen. This is usually reabsorbed within 24 hours and can be treated with painkillers or peppermint water.
- You may experience some light vaginal bleeding which can last for a couple of days.
- You may have a bath or shower the following morning and remove the small dressings. The incision sites may be left exposed but must be kept clean and dry. Any stitches on the skin will dissolve in the next 10-14 days.
- We recommend that you keep mobile after your surgery to minimise your risk of post-operative deep vein thrombosis (DVT).

What happens next?

- You will be advised prior to discharge if a follow up appointment is required. If so then this appointment will be sent out in the post.
- Most women are able to return to work around two to seven days after a laparoscopy, depending on whether any additional surgical treatment has been performed.

Contact us

You can call the ward for advice at any time on 020 8296 2150. If we feel you need to be examined, then we will advise you to attend your GP or A&E as appropriate.

Please contact your GP or A&E if you experience any of the following:

- Fever
- Any bleeding or discharge
- Redness or swelling to the area
- Increased pain, or
- Just feel unwell.

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