



## Laparoscopy Post-Operative Care

After your laparoscopy procedure you will be discharged home with pain medication. It is normal to feel some wound site tenderness, abdominal discomfort and bloating. Shoulder tip pain can occur due to gases used during the operation. This usually subsides within 24-48 hours. Heat packs can assist with comfort. Pain is usually relieved by Panadol or Panadeine and/or anti-inflammatory medications such as Nurofen. Severe pain is unusual and should be reported to our rooms.

You may feel drowsy for the next 24-48 hours. It is therefore advisable that during this time you should take it easy. You should not:

- Drink alcohol
- Drive a car
- Operate hazardous machinery
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Participate in any strenuous activities such as sports

If you feel light headed, lie down with your legs elevated. Take your time when standing. Sometimes after anaesthetics and/or when taking pain medication you can be more prone to constipation, so it is important to ensure you maintain adequate fluid intake and fibre. You may require additional assistance from laxatives (available without a prescription from your local pharmacy) in the short term after the operation to help encourage bowel movement. Your local pharmacist can provide information on the most appropriate options. Resume a normal diet as tolerated. If you are vomiting or unable to tolerate fluids, please contact our rooms.

Compression stockings are recommended to be worn during the day for 1-2 weeks, depending on your mobility. Please report any swelling, redness or pain in your legs to our rooms. Once you are moving around regularly you can stop wearing the compression stockings.

After the procedure you may shower as normal, and pat dry the wound area with a clean towel.

### *Wound Care:*

There should be two layers of dressing on your surgical wounds. You will have 2 to 4 incision sites on your abdomen.

The top layer is water proof and should remain on for 7 days after the operation. After 7 days you can remove this top layer in the shower. The second layer underneath is made up of steristrips. The steristrips will fall off by themselves in the shower a few days later.

If you have any concerns regarding infection of your wounds, or problems with your dressings (including not remaining watertight for the first 7 days, smell or bleeding/discharge from wounds), you can either contact Dr Alice Huang, see your local GP, or attend your local Emergency Department for the wound to be examined and the dressing to be removed/changed earlier if required.

### *Activity:*

After the operation please limit your activities and avoid sexual intercourse for the first 2 weeks. You may need to have rest periods throughout the day before gradually resuming usual activities. Gentle walking is a good form of exercise but, if your wound hurts or you feel exhausted, stop, rest and take some pain relief medication. After 2 weeks you can return to most normal activities (**excluding** heavy straining, strenuous exercise and high impact activities or anything that requires core muscle activation). You can then return to full normal activities after 4 weeks unless otherwise advised at your post-operative appointment with Dr Alice Huang.

Driving is variable between people – to self-test if you can drive or not, you should be able to slam on the brakes and turn around quickly without pain or restrictions. On average this is usually after 4 weeks, however some people do return to driving earlier. Please be aware that some car insurance companies will have their own recommendations for post-operative recovery period before driving and if you return to driving earlier you may not be covered in the event of an accident. We advise you to check your coverage before returning to driving.

### *How to contact Dr Alice Huang:*

Office Hours: Monday – Friday, 9am – 4pm

Please call (03) 9417 1088 or email [reception@dralicehuang.com.au](mailto:reception@dralicehuang.com.au)

Emergency After Hours Pager: (03) 9387 1000

### *In an Emergency, please attend your local emergency department, or either:*

The Women's Emergency, Grattan St, Parkville (03) 8345 2000 or

Epworth Richmond Emergency, Bridge Road, Richmond (03) 9426 6302

### **Disclaimer:**

This advice is intended as a guide only. Each patient is an individual and treatments may vary. If you have any questions or concerns, please contact our rooms for assistance.