



Laparoscopy

What is laparoscopy?

Laparoscopy is a minimally invasive technique of performing a surgery through small incisions on the abdomen. A long thin telescopic instrument (camera) called a laparoscope is inserted into the abdomen through a small incision. It allows visualisation of the pelvic organs and through additional small incisions elsewhere on the abdomen pelvic pathology can be treated.

How is laparoscopic surgery done?

The procedure is performed under general anaesthesia in the operating theatre. Between 2 – 4 small incisions are made on the abdomen where a long thin camera and other surgical instruments are inserted. The abdomen is filled with a gas to allow for a clear view of the pelvic organs. Once the treatment is complete, the incisions are closed.

What needs to be done before the procedure?

You may need to have a bowel preparation which will empty the lower half of your bowel before the surgery. You will be given instructions for this beforehand if you need this.

If you develop signs of illness prior to your surgery, please contact my rooms immediately.

What can be expected during recovery period?

You will be in the recovery room when you wake up from anaesthesia. You may feel sleepy for the next few hours. You may have pain in the shoulder or back which is caused from the gas used in the procedure inside your abdomen. It will resolve within a few days. You may have some discomfort or feel tired for a few days after the procedure. Pain is usually worst in the first 2 days and strong pain medication is usually not needed after the third day. Please attend the emergency department at your nearest hospital or contact me if pain is becoming worse.

You should avoid heavy activities or exercise until your post-operative review.

You may return to half intensity activities after 2 weeks and back to normal intensity activities after 4 weeks.

What are the possible risks and complications of this procedure?

As with any surgical procedure, laparoscopic surgery is also associated with certain risks and complications and they include:

- Problems with anaesthesia
- Injury to internal or surrounding organs
- Bleeding and infection

Any specific risks and complications will be discussed with you prior to the procedure.

What should I do if I experience any problems during recovery period?

You should seek immediate medical attention by going to the emergency department of your closest hospital or contacting me if you experience any of the below mentioned conditions:

- Fever
- Offensive vaginal discharge or heavy bleeding
- Severe nausea or vomiting
- Inability to empty your bladder or bowels
- Severe pain