

**DR KARTHIGASU**

**Post -Operative advice for patients undergoing  
Laparoscopic Surgery (Non-Hysterectomy)**

Generally, the rules are simple

**“Listen to your Body”**

1. If **Tired**- rest.
2. If it **Hurts**- stop what you are doing.
3. Take your **Analgesics** regularly, particularly in the first week. These will be given to you on discharge from the hospital.
4. Avoid **Constipation**- take something if you are prone to this. Remember the fasting, operation, anaesthetic, hospital and pain medicine all can contribute to constipation.
5. **Periods** may be erratic for the first few cycles so do not get concerned.
6. You are fine to resume normal **exercise, driving a car** and **intercourse** when you are comfortable. Again “Listen to your body”.
7. Keep the **Incisions** clean and dry. There is a dissolvable stitch underneath the skin and glue on the surface. The glue will flake off during the first few weeks. If Redness occurs start applying some betadine to the incision 3 times a day, if not getting better it may be an infection- either call the rooms or see your GP.
8. A **post-operative visit** is usually planned at around 8 weeks later, sometimes earlier in the Fertility Unit if fertility management is planned.
9. Usually my **nurse** will call you a week after surgery to check on your well-being.
10. **Call** if you are concerned or not recovering as well as anticipated. Most of the time it will be part of normal recovery (it is always variable from patient to patient) however some patients may require investigations to ensure no injuries to organs, infection, or bleeding.