

LAPAROSCOPY (non hysterectomy)

If you are taking aspirin or fish oil please cease this 10 days prior to surgery.

ITEM NUMBERS

DIAGNOSTIC LAPAROSCOPY:	30390	COMPLEX ENDOMETRIOSIS:	35641
LAPAROSCOPIC STERILISATION:	35688	URETERIC CATHETERS + CYSTOSCOPY:	36818
SIMPLE LAPAROSCOPY:	35637	URETEROLYSIS:	36615
COMPLEX LAPAROSCOPY:	35638	LAPAROSCOPIC UTEROSACRAL LIGAMENT PPLICATION:	35595

You will be in hospital for 1-2 days depending on complexity.

ON DISCHARGE

You will have 3-4 small suture lines. The dressings can be removed after 48hours, and the wounds gently cleaned with soap and water. The stitches are underneath the skin and will dissolve on their own. There is no medical need to cover the wounds after this time, but if you would prefer to use a dressing, a simple "Band-Aid" type dressing is fine.

There may be a small amount of vaginal bleeding from where the uterine manipulator has touched the cervix. This is normal, and usually resolves after a few days.

Mild pelvic/abdominal pain is not usual after surgery. The pain in the shoulders and chest from the gas takes about 4-5 days to fully disappear.

You may experience pain using your bowels or constipation post operatively. It is best to avoid straining, so drink plenty of fluids and add fruit and fibre to your diet. If required, useful laxatives are Lactulose, Movicol or Nulax or Glycerine suppositories may be used. Please use only stool softeners and avoid anything too harsh. All of these medications can be purchased without a prescription from any pharmacy. A post op appointment will be scheduled for approximately 1-6 weeks after your procedure.

RESUMPTION OF ACTIVITIES

It is important to avoid heavy straining for about 2 weeks to avoid hernia formation at the site of the abdominal port sites. If you can lift something without thinking about it (such as a full kettle) it is safe to do so. If you have to brace yourself and hold your breath to lift something, such as a bag of potting mix, DON'T.

It is perfectly safe to walk, ride a bike, hang washing on the line, go shopping etc.

Driving should be avoided for 24 hours after an anaesthetic. You can generally drive again after 1-2 weeks, once the tenderness associated with the wounds has disappeared. Please check with your motor vehicle insurance provider prior to driving.

You will be off work for 1-2 weeks depending on complexity.



Intercourse can be resumed as soon as you are comfortable.

If after your discharge from hospital you experience grave concerns, at any time, always call the Rooms on 9389 5065 and you will be directed to the appropriate contact number. This includes fever, severe pain and vomiting.