Following your Laparoscopy

Diet
• Return to your normal diet.

Medications
• Extra Strength Tylenol (1-2 tablets every 4 hours), or Ibuprofen (Motrin) 600mg (every 6 hours), or 800mg (every 8 hours).

Bowel Movements
• If constipated take a mild laxative purchased over-the-counter at any pharmacy.

Activity
• Rest quietly then slowly return to your normal activities as your energy level improves.
• No vigorous exercise or heavy housework for 3 days.

Bathing/Personal Care
• You may shower right away.
• When the Bandage gets wet, remove it and apply a simple Band-aid.
• After 3 days there is no need to cover the incision.

Normal expectations
• You may have mild pain at the incision site and your shoulder for several days.
• Expect mild abdominal cramps for 2-3 days.
• There may be light bleeding or discharge for 6-10 days.

When to call the office
• Heavy bleeding that soaks through 1 pad an hour
• Fever greater than 101° F
• Severe pain
• Pain on urination

Follow up Care
• Call the office to make an appointment for 2 weeks from your surgery date.
• At that visit, the results of your surgery will be discussed.

Call the office for any questions or concerns (315) 492-5005.