



*Samatha Kadiyala, M.D.*

*Specializing in Gynecology and Laparoscopic Surgery*

**LAPAROSCOPY POST-OP PATIENT HANDOUT**

**POST-OP INSTRUCTIONS**

- **DISCHARGE:** You will be discharged after recovery on the same day of the procedure. This will enable early mobilization and promotes faster recovery. You will be kept in the hospital if problems arise and if you need to be observed overnight.
- **PAIN MEDICATION:** Please take **ibuprofen 600 mg every 6 hours** by mouth as needed for pain unless you are allergic to ibuprofen or any of its related medications. Please take this with food. You may take **1-2 tablets of Norco every 6 hours** by mouth as needed for pain, unless you are allergic to Tylenol or Hydrocodone.
- **INCISION CARE:** You will have dressings on all of the incisions. Please remove all of these in 24 hours after surgery and take a shower. (If you have staples on the incision they will stay on until you see us in one week, they will be removed at this time. If you have dissolvable sutures, there will be no need to remove them.) You can shower daily after this. Do not scrub on the incision. You may allow soap and water to run over it, clean and blot it dry.
- **RESTRICTIONS:** DO NOT drive while taking your narcotic pain medication. You may start driving in 3 days if not taking any narcotics. NO sexual activity for 1 week or until cleared by your physician. DO NOT lift any weights >10lbs for 1 week.

**PRECAUTIONS: Please call our office if you experience any of the following**

- Incisions are red and swollen or if there is foul smelling discharge from them.
- Fever > 101°F
- Pain uncontrolled with pain medications
- Persistent nausea or vomiting
- Heavy vaginal bleeding soaking a pad an hour for at least 2 hours consecutively.
- Foul smelling vaginal discharge
- Burning or pain with urination or with difficulty to empty your bladder.

**FOLLOW-UP:** We will see you in office for a 1 week post-op and 2 week post-op visit after procedure for incision check and recovery.

**OUR CONTACT INFORMATION**

Office/answering service 979.266.9544

**IF THERE IS AN EMERGENCY, PLEASE GO TO THE ER AT CHI ST. LUKE'S BRAZOSPORT HOSPITAL OR TO THE NEAREST ER. 979-297-4411**

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