

## MINIMALLY INVASIVE GYNECOLOGIC SURGERY CENTER

Newton Wellesley Hospital

### EXPECTATIONS AFTER LAPAROSCOPY

The term laparoscopy refers to an approach to doing abdominal/pelvic surgery which uses very small incisions to access the abdomen. Many surgical procedures can be done using this approach, therefore all laparoscopies are not the same. Because procedures as well as individuals are all different, peoples experiences will vary. The following are general guidelines regarding what to expect after laparoscopy.

#### Return to work/daily routines

Most people will plan to take two weeks off from work after laparoscopy. Patients who undergo simple diagnostic laparoscopy may feel ready to return to work after one week while patients who've had a hysterectomy may require the full two weeks or more. In either case patients often experience some increase in discomfort and fatigue when they return to their full schedule. You should plan time to rest with this in mind.

#### Pelvic Rest

Because of manipulation done in the abdomen and vagina during laparoscopy, you should avoid inserting anything vaginally for two weeks after your surgery. This includes intercourse, tampons, and douches. It also means that you should not swim or soak in a bath or pool for this period of time to avoid introducing bacteria into the vagina.

Patients who undergo laparoscopic hysterectomy who have their cervix removed should observe pelvic rest for six weeks postoperatively.

#### Driving

Generally we recommend not driving for two weeks after surgery. You should be entirely off all narcotic pain medications for 24 hours prior to resuming driving. You should also be able to move without hesitation in order to safely operate a vehicle before you attempt driving.

#### Lifting/Exercise

In order to avoid increasing pressure in the pelvis you should not perform any heavy lifting for two weeks after surgery (six weeks for patients undergoing removal of the cervix or repair of prolapse). Formal exercise should be avoided until you have seen your physician for a post operative check.

We hope these guidelines will help you in planning your recuperative period.