

POST-OPERATIVE PATIENT INSTRUCTIONS:

LAPAROSCOPIC and VAGINAL procedures:

Activities: With a minimally invasive laparoscopic procedure or vaginal procedure you will recover more quickly than with a standard open procedure. Your activity level should be gradually increased over the next 2 to 7 days depending on the extent of your procedure. It is normal to tire easily after surgery and you should maintain a flexible schedule and get adequate rest.

When you go home you may:

- Climb stairs
- Take a shower
- Drive after 1-2 weeks (if no pain with sudden leg movements or shoulder checks)
- Have sexual intercourse after 6 weeks
- Perform light housework and cooking as tolerated
- Exercise in 5 to 10 days; swim in 7 days
- Douching IS CONTRA-INDICATED.
- Avoid lifting anything over 10kgs for 2 weeks
- Take prescribed medications as indicated when you have pain
- Use Colace for constipation

Incision Care: Laparoscopy incisions are typically very small and rarely have complications. You may wash the incisions with soapy water, then thoroughly dry the area and keep the skin dry. Dressings or band-aids can be removed after 3 days since exposure to oxygen in the air speeds healing. You may notice one or more stitches; these will disintegrate on their own, usually 4-6 weeks after the surgery.

Vaginal sutures (if we performed a vaginal procedure) doesn't need removal since it is absorbable. Itching, bruising, a pulling sensation, and/or numbness around the incisions are all normal. If any incision becomes hot, red, swollen or increasingly painful, please call Alberta Health Link at 811.

Bowels: The intestines are usually somewhat lazy for a few days after surgery causing gas, bloating and constipation. Drinking plenty of water, increasing fiber in your diet and walking are helpful. If constipated, you may try Colace. If these methods do not result in a bowel movement within 72 hours, please call Alberta Health Link at 811.

Vaginal Bleeding: You may have slight vaginal bleeding for 3 to 5 days after surgery. The bleeding should not be heavier than a normal period. Use pads only, NO TAMPONS. If you had a supracervical hysterectomy, occasionally a small amount of bleeding can occur at the time of your period and this may be annoying, but is normal.

Shoulder Pain: After laparoscopy pain behind your right shoulder blade can persist for a few days due to the air placed in your abdomen during the procedure. This will resolve with time, and lying flat usually helps.

You will be given a prescription for pain medication, please use only as directed.

You will need to schedule a follow-up appointment 4-6 weeks after surgery.

If you have heavy bleeding (significantly more than a period), a temperature of 38 degrees or above, vomiting, severe abdominal pain or shortness of breath please go to your nearest Emergency department.

For any other less urgent queries you can call our office during office hours at 780-421-4728 or Alberta Health Link at 811.

Dr. Pieter Kruger

A handwritten signature in black ink, appearing to read 'P. Kruger', with a long horizontal stroke extending to the right.