

Follow-up care

It is important to visit your doctor or the KEMH clinic for a post-operative check up.

Operation performed _____

Follow-up appointment _____

Special instructions _____

Women and Newborn Health Service

King Edward Memorial Hospital
374 Bagot Road, Subiaco WA 6008
Telephone: (08) 6458 2222
www.kemh.health.wa.gov.au



This document can be made available in alternative formats on request for a person with a disability.

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Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service

Laparoscopy

Patient Discharge Information

Information following your operation

You have just had a Laparoscopy.

Complications after this operation are rare however the following advice is provided to help you avoid complications and to recognise them if they occur.

1. Do not try to do too much. Rest when you get home. You should be able to resume normal activities after a couple of days, although the effects of the anaesthetic may make you feel tired.
2. You will have some discomfort in the places where the incisions (cuts) were made in your abdomen (tummy). You may also have muscular aches and pains from the anaesthetic and pain in your shoulders from the gas put into your abdomen during the operation. These discomforts will settle in a couple of days.
3. You may take Panadol, Panadeine, non-steroidal/anti-inflammatories (e.g. Ibuprofen), or prescribed tablets for pain, cramps or headaches.
4. You may use pads for any bleeding.
5. You may shower as usual.
6. If you have also had a curette (scraping of the womb) a small amount of bleeding, lasting 10-14 days, is common. The bleeding may be heavier with increased activity such as lifting.

For one week you should not:

- ▶ Swim, bathe or take a spa
 - ▶ Have sexual intercourse
 - ▶ Use tampons
7. After a curette, your next period will usually begin three to six weeks following your operation. If you did NOT have a curette, your next period should arrive at the usual time.
 8. If you are taking the oral contraceptive pill, your next period will begin as usual at the end of the packet.
 9. If your period has not arrived after six weeks, please check with your doctor (GP).
10. An infection may be present if you have:
- ▶ Heavy bleeding, i.e. needing to change your pad every 10 – 20 minutes
 - ▶ Fever (temperature, chills)
 - ▶ Pain in the lower part of your abdomen not relieved by pain killers
 - ▶ An offensive (smelly) discharge from the vagina
 - ▶ Red and painful wounds on your abdomen

Heavy bleeding and infection may be serious, so if you think you have one or both of these complications, please contact your GP, the Emergency Centre at KEMH on (08) 6458 1433 or your private doctor.

Following a general anaesthetic

1. You must not drive a car or operate machinery for at least 24 hours after your operation.
2. You must not consume alcohol for 24 hours.
3. You should avoid any activity that requires the use of skill or judgement, for example delicate work, cooking etc. for 12 hours.
4. You should avoid social engagements for 12 hours.
5. You should not make any important decisions or sign any important papers for at least 24 hours after your operation.
6. It is essential that someone stays overnight with you.