

## **After Your Laparoscopy Operation**

You will need someone to look after you for about two to three days when you come home. In general you will need one week off from work. Some women may need two weeks recovery at home.

### **Wounds**

In general you will have 4 small wounds in your tummy which have dressings on them. There will be a little bit of blood underneath the dressings which is normal. They are waterproof and you can take a shower as usual. Take the dressings off 4 days after your operation, i.e. if your operation was on Tuesday at Royal Prince Alfred Hospital, you should take them off on Saturday.

In general there will be a stitch underneath the skin in the belly button wound which will dissolve by itself. The other wounds won't have a stitch but steri strips which are strong sticky tapes for wounds. Sometimes a stitch may need to be placed in those wounds as well and they usually dissolve by themselves. If stitches need to be removed, Dr Varol will inform you after the operation.

### **Pain**

Because the wounds from laparoscopy are very small, they heal fairly quickly with minimal scarring. There will be some pain from the operation and you will be given a script for Panadeine Forte or something similar which you will need for a few days. Every day you should feel better than the previous day. If you suddenly feel worse or have more pain, please contact Dr Varol. You can contact her 24 hours a day. Please see at the bottom of the form for her contact details.

### **Diet**

It is best to have a healthy diet after your operation with fruit, vegetables & lean meats. You should avoid fatty & fried foods. It's easy to become constipated after an operation, so have plenty of fluid to drink & eat some fruits. Fruits that are particularly good for constipation are prunes & guavas. You may need to take some extra medication such as Metamucil or coloxyl & senna tablets.

If you had part of your bowel removed, your diet will be different & Dr Varol will explain that to you. In general she will want you to be on a fluid diet for a few days before you start on solid foods.

### **Work**

In general you need one week off from work after a laparoscopy. Some women may need two weeks, depending on how you are recovering and type of work you do.

### **Driving**

As with any procedure that requires a general anaesthetic, you must not drive for the first 24 hours after discharge from hospital. A responsible adult needs to pick you up from hospital and take you home. If you had a hysterectomy or an open operation, you should not drive for four to six weeks.

## **Return to Normal Activities**

Recovery time depends on the individual and the type of operation you have had. In general you will find it too uncomfortable to do any kind of heavy work or exercise such as vacuuming, carrying heavy things, aerobics etc for a few weeks. The general rule is that if an activity makes you feel tired or gives you pain or discomfort, you should not do it. Dr Varol will let you know how long it will take you to get back to normal activity.

## **Sex**

After a laparoscopy you may resume sexual activity when you feel comfortable enough and there is no more bleeding from the vagina. That usually takes one to two weeks. If you had a hysterectomy, the stitches in the top of the vagina need to heal before you can have sex again. That takes about four to six weeks.

## **Complications of laparoscopic surgery**

Please see the section under “Consent for Laparoscopic Surgery” for the details of the possible complications with laparoscopic surgery.

## **Follow up appointment**

In general you should ring Dr Varol’s practice to make an appointment for four weeks after your operation. If you have any problems, concerns or questions, please ring her as per details below.

## **Dr Varol’s contacts details**

**office hours :** Ring her practice on 9223 7200

**after hours :** Ring Royal Prince Alfred Hospital (RPAH) on 9515 6111 & ask  
**ask** switchboard to page Dr Varol. Leave your name & number & Dr Varol will call you back promptly. If there is a problem, ask switchboard to put you through to her mobile number.

*Sydney Gynaecology & Endometriosis Centre*

*Dr Nesrin Varol*

171 Macquarie St, Sydney 2000

Tel : 9223 7200

Fax : 9223 7244

Email : [drnesrinvarol@sgec.com.au](mailto:drnesrinvarol@sgec.com.au)