



Inanna Women's Health

A/P Batool S Nadim

Obstetrician, Gynaecologist & Sonologist

Laparoscopy Post-Operative Care Instructions

HOSPITAL STAY

The duration of your hospital stay after a laparoscopy depends on the specific procedure performed and your individual recovery. In most cases, you can expect to be discharged either on the same day as your operation or the following day.

DIET

After your procedure, you may eat any foods that you tolerate well. It is recommended to maintain a high-fibre diet, drink plenty of fluids, and take a daily stool softener to help prevent constipation. If you do develop constipation, you may use a mild laxative daily until your normal bowel habits return. Avoiding constipation and straining is important, as these can be particularly uncomfortable after surgery.

ACTIVITY AND EXERCISE

- Light walking is encouraged and can begin as early as the day of your surgery. Gentle exercise may help reduce treatment side effects and support a quicker return to your normal activities. Please consult your doctor to determine which types of exercise are appropriate for you.
- Do not drive after your operation until you are able to move without pain and feel confident in your mobility. It is also advisable to check with your car insurer to see if there are any restrictions related to driving after major surgery.
- To reduce your risk of infection, shower rather than bathe for two weeks following your operation. It is also best to avoid swimming during this period.
- Refrain from sexual intercourse for approximately two weeks after your surgery.

WHAT TO EXPECT AFTER SURGERY

Full recovery from laparoscopy is usually expected to take between two and four weeks, depending on your overall health, fitness level, and the type of surgery you have had.

Pain Management

It is normal to experience some pain and discomfort after your operation. The carbon dioxide gas used during surgery may cause a feeling of fullness in your abdomen or shoulder pain. You will be prescribed medication to help manage your pain. Taking regular pain relief will support your recovery, help you remain mobile, and reduce the risk of developing blood clots (thrombosis).

Vaginal Bleeding

It is common to have some light vaginal bleeding after your operation, which should settle within two weeks. To reduce the risk of infection, do not use tampons or period cups during this time.



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Wound Care

- Your abdominal wall wound is closed with dissolvable stitches that do not require removal. In some cases, staples or non-absorbable sutures may be used. Your doctor will inform you if these need to be removed and when.
- Your wounds will be covered with a dressing that should remain in place for seven days after surgery. Before you are discharged, you will receive clear instructions on how to care for your dressing. It is important to keep your dressing clean and dry and to wear loose clothing for comfort.
- Monitor your wounds for any signs of infection, such as pain, redness, swelling, or foul-smelling discharge.

WHEN TO CALL THE DOCTOR

- If your pain becomes severe or difficult to control
- If bleeding persists or increases, or if you are soaking through a thick pad or tampon every hour for more than two hours
- If you develop a temperature of 38°C or above
- If you experience problems with urination
- If you have ongoing nausea or vomiting
- If you notice any signs of wound infection

If any of these occur, please contact Dr Nadim's office immediately on 02 8552 3600 during working hours. If it is outside these hours, contact your local GP or the nearest hospital.

RETURNING TO WORK

You will likely need to take two to four weeks off work, depending on the type of surgery you had and the nature of your job.

FOLLOW-UP APPOINTMENTS

You will have a follow-up appointment with Dr Nadim two to four weeks after your procedure. The office will contact you to confirm the date and time of your appointment.

QUESTIONS AND CONTACT DETAILS

If you have any questions or concerns, please contact Dr Nadim's office on 02 8552 3600 or email reception@drbatoolnadim.com.au. The staff will be happy to assist you.