

**Surgery Center of Pinehurst
Home Care Instructions for Laparoscopy**

Vaginal Spotting:

After your surgery, you might have some light vaginal bleeding. Please use a pad or panty-liner. Do not use tampons. If you have bright red or heavy vaginal bleeding, please contact your doctor.

Personal Hygiene:

Please do not put anything into your vagina for one week. This includes tampons and douching.

Showers:

Showers are preferred. Please no tub baths for two – four weeks. After your shower, pat your steri-strips dry and leave them open to the air, or use your blow dryer on the low setting to dry them. You can remove the steri-strips in 5 -7 days.

Intimate Relations:

Please do not have intercourse for 1-2 weeks or until your doctor advises you that it is safe for you to resume sexual activities.

Housework:

No heavy housework or heavy lifting for several days after your surgery. Let your family and friends help during this time.

Menstrual Cycle:

Your surgery may interrupt your normal menstrual cycle.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate, so drink plenty of fluids.

Do not drive a car as long as you are taking pain medication.

Follow-up Appointment:

It is very important for you to keep the appointment that has been made for you. If you need to re-schedule, please call your doctor's office and we will be happy to find a more convenient time.

Please call your doctor for any of the following:

Temperature of 100 degrees or higher

Severe pain

Heavy bleeding (Heavier than your normal period)

Bad odor from your vagina

Dr. Terry
910-235-2942

Dr. Szabo
910-235-2941

Dr. Machin
910-235-2964