

When to Contact Your Physician

Call your surgeon if you experience the following:

- Infection
- Fever (temperature of 39°C or 101°F)
- Increased drainage from the incisions
- Increased discomfort, unrelieved by pain medication and rest

If unable to contact the surgeon, please contact your family doctor.

Make an appointment to see your Family Dr./Surgeon

in _____ week(s)

- Dr. Mobbs(250) 542-0343
- Dr. Procysheh(236) 426-2255
- Dr. Golosinski(250) 542-0353
- Dr. Daniel(250) 503-1717
- Dr. Half(250) 503-3913

Healthlink BC

Dial 8-1-1
Hearing Impaired Dial 7-1-1
Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m.–9 a.m. daily
Dietitian between 9 a.m.–5 p.m.–Monday to Friday
www.healthlinkbc.ca



Interior Health

Discharge Instructions following Laparoscopy Surgery

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

Laparoscopy Discharge Instructions

If you have any questions or concerns, please discuss them with a nurse.

If you have had a daycare surgery, you **must** be accompanied home by a responsible adult. You are **not allowed** to drive.

If you take a taxi home, an adult must be with you.

If you have had a general anesthetic, a responsible adult **must** stay with you after your surgery and overnight.

You **must not** drive or operate heavy machinery for at least 24 hours following anesthetic.

Do not drink alcohol for 24 hours following surgery as it will increase the effect of the anesthetic. **Do not** drink alcohol while taking narcotics for pain control.

Follow the instructions given to you by your Doctor.

Take medication for pain as ordered.

What to expect following surgery

You may have:

- Some vaginal spotting as a result of instruments in the cervix. Do not use tampons. Use sanitary pads until bleeding has stopped.
- Blue coloration around your vagina if dye was injected into your fallopian tubes. This will wash off.
- Nausea (feeling sick to the stomach). This should improve the next day.
- Abdominal distention (bloating in the abdomen) and feeling uncomfortable for 24 to 48 hours.

It is common to have pain in your shoulders and upper chest as a result of the gas in your abdomen during the operative procedure.

Discomfort

There may be a prescription for pain medication. Use as directed. If no prescription given, you may find Ibuprofen (e.g. Motrin, Advil) helpful as pain medication. This can be purchased without a prescription.

Care of Incisions

- You may have a shower on the day following surgery.
- No hot tub or swimming for one week.
- If there is a small amount of bleeding from the incisions, apply a Band-Aid. Dermabond may be used to close the skin in place of sutures. This will flake off on its own after seven days. You may need a bit of vaseline to wipe off any remaining after that time.
- Change the Band-Aids following your shower so the wounds are kept clean and dry.
- If steri-strips are used, leave them on.

Activity

- Rest for the remainder of the day of your surgery.
- Do not lift or carry anything heavy (over 10 lbs.) for 2–3 days. You may resume your normal activities after this time.
- You may resume sexual activity when you feel well enough.

Laparoscopic Sterilization Procedure

If you had the Laparoscopic procedure for sterilization and are on the birth control pill, keep taking the pill until the end of the package and then stop the pill. You can consider yourself sterile as soon as the procedure is done.

Please note there is still a small chance of pregnancy even with the sterilization procedure and this could be a tubal pregnancy. If you are ever suspicious of pregnancy after sterilization, see your physician as soon as possible to check this out.