

**East Bay Women's Health, Inc.**

**Yvette Gentry, M.D.**

Medical Director

**Obstetrics - Gynecology - Infertility**

3300 Webster Street, Suite 1200, Oakland, CA 94609

(510) 653-0846

[www.obgyn-eastbay.com](http://www.obgyn-eastbay.com)

**Vanessa Chan, M.D.**

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## **Instructions for After your Laparoscopy**

### **What to Expect:**

You will have 1-4 small incisions on your abdomen in addition to the belly button incision. These will have small pieces of beige tape (steri-strips) covered with regular bandages or a clear tape with gauze. You may replace the bandages as needed, and may remove the bandages or gauze 2 days after surgery. Please leave the steri-strips under the bandages in place. These will be removed at your follow up visit. If the steri-strips fall off before your appointment, that is fine. Laughing, sneezing, or coughing will not damage your incisions. There may be a small amount of bright red blood at the incision or some pink drainage on the bandages. You may also experience some vaginal bleeding from instruments placed inside the vagina.

### **Restrictions:**

Please refrain from heavy lifting for 2 weeks (greater than 20 pounds, or one full bag of groceries). You may drive starting the day after surgery, unless you are taking Vicodin/Tylenol with codeine. Please make a follow-up appointment for 2-3 weeks after your procedure. Please refrain from placing anything in the vagina until this appointment. This means no sex, tampons, or douching. No baths or hot tubs. Showers are fine. Until your incisions have healed (about 1 month) please do not place oils/ointments on your incisions. This could cause them to remain damp and increase the risk for infection.

### **Recovery:**

After Laparoscopy, most patients experience some discomfort, which is treated with Ibuprofen or Vicodin/Tylenol with Codeine. After 1 week, most patients only have minimal discomfort after minor types of laparoscopy (tubal ligations, ovarian cyst removal, endometriosis treatment, treatment of minimal scar tissue). After more extensive minimally invasive surgeries (myomectomy, hysterectomy, treatment of adhesions), expect to have 2-3 weeks of mild discomfort. If you have received a prescription for antibiotics please finish the entire course. We typically will authorize medical disability if needed for up to 2 weeks after minor laparoscopy, or 4 weeks after extensive laparoscopy. Most patients return to their normal activities and are back to work after 3-5 days after minor procedures, and 7-10 days after more extensive procedures.

### **When to Call:**

If you should experience any heavy vaginal bleeding (soaking more than a pad every 1-2 hours) and it is not time for your menstrual cycle, have a fever of greater than 101 degrees, have foul smelling discharge, experience vomiting (other than immediately after your procedure), have difficulty emptying your bladder, have pus-like drainage from your incisions, or have excessive pain that is not improved by the pain medicine, please call the office at (510) 653-0846.

We wish you a speedy recovery. If you have any questions or concerns, please call our office at (510) 653-0846.

Sincerely,  
Dr. Gentry and Dr. Chan