

## What is laparoscopy?

Laparoscopic surgery is a keyhole, minimally invasive surgical procedure carried out under general anaesthetic. It is used to diagnose or treat conditions of the pelvis. Dr Abby is able to examine your pelvic organs by inflating your abdomen with gas and inserting a small camera (laparoscope) through a small incision in the umbilicus (belly-button). She can also take samples of tissue for examination to confirm diagnosis in a laboratory.

Laparoscopic surgery is beneficial as it will only create small incisions which heal quickly.

Using a laparoscope Dr Abby can look directly at your organs and excise pathology from your:

- Uterus
- Ovaries
- Tubes
- Appendix
- Peritoneum

## How should you prepare for laparoscopy?

Firstly, please also read this information from the pelvicpain.org.au website:

<https://www.pelvicpain.org.au/tips-and-tricks-to-recovering-well-from-a-laparoscopy/>

You will get detailed instructions at your consultation which will include details on the following:

Immediately prior to surgery please:

- Refrain from eating or smoking
- Shower but do not apply any deodorants /make-up/nail polish
- Remove all piercings
- Pack for one night in hospital (two for hysterectomies) & bring your regular medications for this time. (include: Nightwear, warm layers, toiletries, glasses or hearing aids, CPAP, slippers, reading materials)
- Please leave jewellery and valuables at home

After your surgery:

- You will not be able to drive for 24 hours, so you will need someone to pick you up and stay with you the first night after the procedure if you do not stay in hospital.
- Do not drink alcohol for 24 hours
- Do not sign any contracts for 24 hours
- Phone Dr Abby's rooms 3 days post your surgery for results and to confirm your follow up appointment
- You can usually return to work 3-5 days post-op.  
**(Please request a medical certificate if you will need one at the pre-operative appointment)**
- You can take Panadol and Nurofen if you experience pain, sometimes Dr Abby will give you something stronger for the first couple of days at home, particularly at night to sleep

# Information for patients undergoing Laparoscopy



- Your abdomen may be swollen and you may experience pain in the shoulder tips for the first couple of days after your surgery gentle mobilisation, warm showers, heat packs will help this to settle
- Your throat may be sore from the anaesthetic tube, keep hydrated and suck lozenges if you wish
- To avoid constipation after surgery, drink lots of water, pear and prune juice, psyllium & movicol can be used
- The glue on your incisions is waterproof and can be removed in the shower 5-7 days post your surgery
- You should not put anything in the vagina for 1 week for most surgeries and it is normal to experience light bleeding for up to one month after your surgery (if you are at all worried you can ring the rooms)
- You can resume intercourse after two weeks if pain is controlled, if you wish to avoid pregnancy please use contraception
- If you have had a hysterectomy please refrain from intercourse for ten weeks post surgery
- Sometimes Dr Abby uses a dye to examine the fallopian tubes, this is blue and can be seen on a pad or in your urine for the first couple of days post surgery. This is normal.
- You can expect to wait 1 -3 cycles to see if laparoscopy has helped with your cycles and 6-12 cycles for improvement from a mirena

You should call Dr Abby or present to Pindara Emergency post surgery, if you experience any of the following:

- Persistent nausea and vomiting more than 24 hours after your surgery
- A temperature above 38 degrees
- Chest pain
- Shortness of breath or trouble breathing
- Redness, swelling, pain, bleeding or ooze from your wounds
- Vaginal bleeding that is continuing to soak a pad in under 2 hours