

SAINT LOUIS  
ASSOCIATES IN



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## **LAPAROSCOPY/ LASER LAPAROSCOPY/ TUBAL LIGATION**

### **POST OP INSTRUCTIONS**

#### **ACTIVITY**

1. No important decision making or driving for 24 hours due to the effect of anesthesia.
2. No tampons, douching or intercourse for 1 week.
3. You may take a shower the morning after surgery.

#### **INCISIONS**

1. Ice on incisions for 24 hours.
2. You may remove bandages the morning after surgery
3. A small amount of bleeding from the incision is normal

#### **PAIN MEDICATION**

1. Prescriptions as prescribed, if given.
2. Tylenol, Aspirin, Motrin, Advil, Nuprin, etc. as needed
3. You may have shoulder pain for 24-48 hours from air irritating the diaphragm.

#### **WORK**

You may return to work in 2-7 days.

#### **FOLLOW – UP**

Make an appointment for 1-2 weeks after surgery for post op visit  
Expect some bleeding for 1-7 days

**Call the office at (314) 993-6401 or the exchange at (314)388-6140 if you any problems, including severe cramping, pain or a fever of 100.4 that persists for 4 hours or if ever over 101.5.**