



## **Milton Centre for Women's Health**

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### **Post Op: Vaginal and Laparoscopic Surgery Instructions**

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1. You should bathe or shower, regardless of whether you have had a laparoscopic or vaginal procedure.
2. No special care is required for your incision(s) except to keep the area dry and clean.
3. Some vaginal discharge (reddish, brown or yellow) is normal. If this amount increases to an amount greater than your menstrual flow, contact your physician or seek medical attention.
4. Gradually increase your level of activity and stop when you feel tired.
5. Abstain from sexual intercourse until you have seen your physician for your post-operative appointment, unless otherwise advised.
6. Drive with care when you feel comfortable doing so.
7. You may use over the counter Tylenol and Advil or the pain medication prescribed by your physician for your discomfort.
8. Contact your physician by phone or email when you return home for you follow up appointment (usually within 6wks from the date of your surgery.)
9. Please go to the nearest hospital emergency room if you experience any of the following symptoms:
  - a. Chest pain and/or shortness of breath and/or lightheadedness
  - b. Severe or increase abdominal pain with or without vomiting (especially fluids)
  - c. Fever and/or chills
  - d. Heavy vaginal bleeding (soaking 2 or more pads per hour). It is normal to experience some bleeding with small clots.