

**IMMEDIATELY CONTACT YOUR DOCTOR
OR GO TO EMERGENCY IF THE
FOLLOWING OCCUR:**

- You develop a persistent fever or chills.
- Pain is not relieved by the suggested pain medication.
- There is increased pain, swelling, redness, pus or foul smelling discharge at the surgical site.

PATIENT INFORMATION

LAPAROSCOPY

Langley Memorial Hospital
22051 Fraser Hwy
Langley, BC, V3A 4H4
604-534-4121

Langley Memorial Hospital
Surgical Services



Description of Procedure

- A laparoscopy is a type of Minimally Invasive Surgery (MIS) that uses small, keyhole incisions and fiberoptic lighting to employ cameras and long specialized instrumentation to complete the surgery. By using a special lens called a laparoscope the surgeon can visualize the internal abdominal organs.
- A laparoscopy is done to examine, diagnose, and treat problems inside the abdomen, including the female reproductive system. Reasons for having a laparoscopy include the following:
 - Diagnose the cause of acute or chronic abdominal pain
 - Visualize and obtain samples of tissue
 - Evaluate the cause of infertility
 - Desire for permanent sterilization

Post-operative instructions

- You will have 2 small incisions in your abdomen. These incisions may be covered with steri-strips and/or small bandages. The stitches used are hidden and will dissolve over time. The outer dressing may be removed as directed by your surgeon.

Post-operative instructions (con't)

- Occasionally there will be a 3rd incision, depending on what is found during the procedure.
- You may shower or bathe as directed by your surgeon.
- You may feel bloated and have pain in your shoulders for up to 2 days following your surgery. Your regular pain medication should relieve this discomfort caused by residual CO₂ which was used during the procedure.
- With a laparoscopy, you may have a small amount of vaginal spotting after the procedure. If you have also had a D & C, the bleeding may be similar to that of your period.
- Gradually increase your activity level as your energy level permits. Walking is a good exercise.
- You may return to work as you feel able. You should be able to return to all normal activities within a few days after surgery.
- You may resume sexual intercourse as directed by your surgeon. If you have had a tubal ligation (permanent sterilization) you may stop all other forms of birth control immediately.