

## Patient Education Diagnostic Laparoscopy

### Dear Patient:

Your doctor has scheduled you to have a diagnostic laparoscopy. This surgery is done through 2 small incisions in your abdomen which allows your doctor to see in the abdomen. This surgery gives your doctor further understanding of your symptoms for which he can diagnose and treat you. Your doctor may use a laser to treat certain diagnoses.

### Before Your Surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue rings, etc.)
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Your doctor or a nurse anesthetist will visit with you prior to surgery regarding the anesthesia you will receive during your surgery. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started in the Same Day Surgery area.
- ❖ You will be taken to surgery about ½ hour prior to surgery.

### During Your Surgery

The surgery takes about 20 - 30 minutes. You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. When your doctor is ready, the anesthetist will give medication through your IV which makes you sleep through the surgery. After you are asleep, your doctor will make 2 small incisions, one in your umbilicus (belly button) and the other on your lower abdomen. He will then insert instruments through these incisions through which he can view your abdomen and reproductive organs.

You will go to the recovery room to awaken from the anesthesia. You will be monitored in the recovery room for approximately 1 hour.

### After Your Surgery

- ❖ You will be taken back to your room for further monitoring for a short time.
- ❖ During this time you will be provided with something to drink and assisted to the bathroom. Please press your call light and ask for assistance when getting up.
- ❖ Since you may be drowsy from the anesthesia, you will be encouraged to cough and deep breathe often to help keep your lungs clear.

Pain/Medications: You can request the pain medication which your doctor has ordered for you. You can also support your abdomen with a small pillow when getting out of bed or walking. Your doctor may also order antibiotics to be given through your IV.

Diet: You will be given water to drink after your surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin eating a normal, well-balanced diet. You should avoid food that might make you constipated and cause you to strain to have a bowel movement.

Dismissal: You will need to have someone drive you home from the hospital. Please remember that you may feel sleepy or tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

### **After Your Dismissal**

#### Activity:

- ❖ You will need to rest for the remainder of the surgery day.
- ❖ **DO NOT** drive or operate machinery for 12 hours after anesthesia.
- ❖ **DO NOT** sign legal documents for 24 hours after your surgery.
- ❖ You can resume normal activities within 24 - 48 hours.

Pain: Your stomach may be sore for a couple of days. A non-aspirin pain reliever, such as Tylenol or Ibuprofen, may be used for any pain. Over the next few days you may have some abdominal and right shoulder pain. This is from the carbon dioxide gas used during the surgery to inflate your abdomen so your doctor can easily see through the scopes. Walking, changing positions, and using a heating pad will help decrease this pain.

#### Wound Care:

- ❖ You may see slight redness around the edges of the abdominal incision. You may have bruising and slight swelling around the incision. This is normal.
- ❖ The bandaids may be removed the evening of surgery or the next day.
- ❖ You may have staples or stitches. If you have staples, the doctor will remove them in the office in about 1 week. If you have stitches, they will dissolve on their own.

Infection: If you have any of the following, call your doctor.

- ☹ Redness or swelling around the incisions
- ☹ Temperature above 101°
- ☹ Chills or other flu like symptoms
- ☹ Slow steady bleeding from your incisions
- ☹ Yellowish, green or foul smelling drainage from your incisions
- ☹ Severe pain in the abdomen or anywhere in the body not relieved by pain medication
- ☹ Persistent nausea and vomiting
- ☹ Chest pain, trouble breathing, or difficulty urinating
- ☹ Itching or rash after taking pain medication

Please refer to your dismissal instruction sheet for further instructions.