



Dr Harrie Swanepoel

MBChB(PRET), FCOG(SA), MMED (OetG)(PRET), FRANZCOG

39 Crofton Street
Bundaberg QLD 4670

ABN: 20 883 693 898 Provider No. 2911696A

Phone: +61 (07) 4331 1545

Fax: +61(07) 4151 0522

Email: bgosreception@gmail.com

Recovery after a laparoscopy (keyhole surgery) for:

- *Diagnostic laparoscopy
- *Removing of ovaries/tubes or ovarian cyst
- * Removal of endometriosis
- * Tubal removal ,etc

This leaflet aims to help you during your recovery from surgery by providing some useful information and advice.

Wishing you a speedy recovery

Usual length of stay in hospital

If you are having a diagnostic laparoscopy, you should be able to go home on the same day. This operation is usually done as a day case. When you wake from the anaesthetic, your nurse will want to make sure that you are not in pain and that it is safe for you to go home before you are discharged. This usually takes between three and four hours. When you go home, make sure that you are not alone and that someone can stay with you overnight. If you have had a bigger procedure like removing of endometriosis or ovaries , you may be asked to stay in hospital overnight.

After-effects of general anaesthesia

Most modern anaesthetics are short lasting. You should not have, or suffer from, any after-effects for more than a day after your operation. During the first 24 hours you may feel more sleepy than usual and your judgement may be impaired. If you drink any alcohol, it will affect you more than normal. You should have an adult with you during this time and you should not drive or make any important decisions.

What about my stitches?

I use sutures which are dissolvable and do not need to be removed . Your wounds will be covered by "Skin Glue" which form a transparent layer over the wound. This also makes it water resistant so you can shower straight away. The skin glue will become itchy and starting to peel off from the 2nd -3rd week onwards . If the wound site becomes red and sore, please contact our rooms, or your GP as you may need local Bactroban ointment or more.

How do I look after my wounds?

Clean water is good for the surgical wound and does not cause harm. However do not soak the wounds in water and shower instead of having a bath. Do not use any anti septics to clean the wounds. Do not swim before 3-4 weeks .Wear loose clothing.

Will I have pain?

You will feel some mild to moderate discomfort in your abdomen and occasional shoulder tip pain . You may take painkillers such as paracetamol and ibuprofen which you can purchase from any pharmacy, following the instructions on the packet. Please take the pain killers as prescribed in hospital. Please take them regularly for at least a few days week after discharge from hospital .Taking pain painkillers to reduce your pain will enable you to move around – all of which will speed up your recovery and help to prevent the formation of blood clots in your legs and lungs.

PS:Your pain should improve everyday.

Should you feel unwell or experience worsening severe tummy pain please inform me or your GP immediately.

Vaginal bleeding

You may get a small amount of vaginal bleeding for 24 to 48 hours.

Formation of blood clots

There is a small risk of blood clots forming in the veins in your legs and pelvis (deep vein thrombosis) after any operation. These clots can travel to the lungs (pulmonary embolism) which could be serious. Contact your GP if you experience a painful red swollen calve , with or without shortness of breath. You can reduce the risk of clots by being as mobile as you can as early as you can ,doing basic leg exercises when you are resting. Wear your TEDS stockings until you return back to normal mobility.

Having sex

It is safe to have sex when you feel ready and comfortable.

Driving:

You should assess whether you can comfortably sit in the car, work the controls, wear a seatbelt, look over your shoulder, make an emergency stop, and be free from the effects of sedating medications when considering resuming driving after surgery.The period of recovery after surgery is variable.Insurance companies are generally guided by medical advice regarding driving. Women should enquire from their insurance companies whether there are any policy exclusions.

Flying:

Air lines may require a certificate clearing you for flying. Please contact Sandra (07)43311545 for a certificate.

How much can I do around the house?

When you first get home you may feel tired and the simplest task may exhaust you. It is important to be as active as possible, but to get adequate rest if tired.The sutures used for your operation will hold all structures together regardless of lifting, straining or exercise.

You will find out by yourself how much physical exercise/housework you tolerate well. The amount of exercise/housework you can do will increase with time.

When can I go back to work?

The time needed off work will be determined by the type of work you do (office or manual) and by how urgent you have to be back at work.

If you have had a simple diagnostic laparoscopy or a simple procedure such as a sterilisation, you can expect to feel able to go back to work within one week. Although you will not be harmed by doing light work just after surgery, it would be unwise to try to do much within the first 48 hours.

If you have a procedure as part of an operative laparoscopy, such as removal of an ovarian cyst, you can expect to return one to two weeks after your operation. Please discuss your needs for a sickness certificate with me or Sandra on 07 43311545.

Follow up

A review appointment is usually scheduled at 6 weeks following surgery. Please phone our rooms at (07)43311545 if you are unsure about your follow visit.

Should you feel unwell after being discharged from hospital, please contact my rooms on (07) 43311545 or after hours :The Mater hospital (07) 41539428 or Friendlies Society Private Hospital (07) 43311000.

For any medical emergency, call 000.

The Bundaberg Base Hospital is the only hospital that offers a 24 hours Emergency Department .Contact nr: (07) 41502222

I wish you a speedy recovery and I am looking forward to seeing you again at the 6 weeks post-surgical visit.

Dr Harrie Swanepoel.



FRANZCOG

FELLOW OF THE ROYAL AUSTRALIAN
AND NEW ZEALAND COLLEGE OF
OBSTETRICIANS AND GYNAECOLOGISTS