

**Laparotomy**

**Discharge Instructions**

**Medication:**

* Resume your preoperative routine medications.
* Take your pain medications and/or antibiotic as explained to you by our nurses.

**Constipation:**

* Some changes in your bowels are normal following any surgery. Constipation may last for a couple of weeks after the procedure.
* To prevent constipation, drink 6-8 glasses of fluids per day, eat high fibre foods, prunes, etc. Metamucil or Coloxyl & Senna are okay. Call during office hours if these methods are ineffective.

**Wound Care:**

* Keep your dressing(s) for 5 days; then it is ok to peel them off while you are having your shower.
* No baths or swimming pool exposure for 4 weeks if you had a total hysterectomy, or for 1 week for any other procedures e.g. removal of cysts, ovary(s).
* It will take up to 6 months for your incision to mature into its final form. Ridges and raised red scars will diminish in time and smooth out.
* Notify your local doctor or call our rooms if the wound becomes red, irritated, or purulent discharge develops. A small amount of blood or clear discharge is normal initially.
* Some mild abdominal distention and/or cramping are normal. A warm heating pad and walking should relieve the discomfort.
* Sutures will dissolve and fall out in 2 to 3 weeks, you don’t have to remove them, just keep them clean and dry.

**Activity:**

* After surgery, take it easy for 4 weeks before resuming your normal routine.
* No driving for 4 weeks after surgery. You may ride in a car as a passenger as long as you wear a seatbelt. You should avoid long trips. Please make sure your health insurance company is going to cover you when you start driving.
* No heavy lifting greater than 1Kg for 4 weeks since the day of your operation.
* It is important to be up and out of bed, walking. You may fatigue easily; enough rest is important.
* Limit yourself to light housework (i.e., dusting) for 4 weeks.
* No intercourse for 8 weeks if you had a Total Abdominal Hysterectomy and for 3 weeks if you had any other open surgery (cut through surgery). Gradually increase level of activity; and remember to listen to your body - IF IT HURTS - DON'T DO IT!
* Most women are able to return to work five weeks after surgery. If you desire to return to work earlier, call Dr. Nascimento’s rooms to discuss the situation before returning to work.

**Normal post-surgery changes:**

* You will be bloated for 1-2 weeks following your surgery. This will improve with activity.
* Some abdominal bruising is normal, especially around your incision, as is drainage and small bleeding.
* Vaginal bleeding and discharge are normal for up to 6 weeks.

**Follow-up:**

* If not already scheduled, please call the office at your earliest convenience to make an appointment for 2 weeks after your surgery: **07** **56765036**
* If you have questions or concerns before this appointment, please call the rooms for assistance.
* Reports from biopsies and final histopathology specimens will be received by Dr. Nascimento within 5 to 7 working days. Dr Nascimento will contact you with the results or discuss them with you on your follow-up visit.

**Contact Dr. Nascimento (Pager 07 56765036) at any time if you experience:**

* Vaginal bleeding heavier than a period.
* Severe abdominal or back/flank pain, severe nausea or vomiting, or shaking chills.
* Fever over 38°C.
* Burning on urination or inability to urinate.

