

## Post-Operative Instructions after Diagnostic Laparoscopy

### ❖ PAIN & SWELLING

Following laparoscopic surgery you may experience pain in one or both of your shoulders. This is due to the fact that the carbon dioxide gas used to inflate the abdomen tends to irritate the diaphragm; instead it interprets the irritation as coming from the shoulder area. This is called “referred pain,” and it invariably goes away within a few days. The more you are up and around, the quicker the gas will be absorbed from your abdomen, and the sooner the pain will subside. If you do not pass gas or have a bowel movement within a day or two after your surgery, you will need to use a Dulcolax suppository.

### ❖ Constipation

Anesthesia slows down your intestines and the pain medication will cause constipation. We have found if our patients have a little constipation, the gas pains are magnified. You may get some relief from the gas pains by taking Gas X or Mylanta.

### ❖ DIET

The first 24 hours after your surgery you will need to be on liquids only. The medications that are used during surgery may cause nausea. After that you may return to a normal diet as tolerated.

### ❖ ACTIVITY

You need to be up walking around as much as possible. Do not lift over 7 kg. x 10 days; 15 kg. x 20 days. You may drive when you stop taking pain medication.

### ❖ BATHING

You can shower 5 days after your surgery, remove the dressing. No swimming or baths for 7 days.

### ❖ Follow-up

You will need to see Dr Nitin Arora/Dr Saurabh Goswami for a follow-up appointment in about a week after your surgery. Please call out office for an appointment if you have not already scheduled one. If you have any questions, feel free to contact our office at **08588995544**.

## [La Vista Clinic](#)

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