

Recovery after Laparoscopy for Endometriosis

(with or without hysterectomy)



Endométriose – Centre pour l'avancement de la recherche et des soins chirurgicaux

Endometriosis – Centre for the Advancement of Research and Surgery

It is important to **follow-up with your surgeon 6 to 8 weeks** after your surgery. The medical secretary will contact you with the appointment information within 2 weeks of the surgery. However, if you have not received an appointment by then, please email **endometriose@muhc.mcgill.ca** to schedule the follow-up.

Do not drive a vehicle or operate machinery for the next 2 weeks and as long as you are still taking narcotics.



Because of the medications you received during your surgery:

- Someone must accompany you to go back home.
- Do not use public transport for the next 24 hours without being accompanied.
- Do not drink alcohol for the next 24 hours.
- Do not make major decisions for the next 24 hours.
- You should rest for the remainder of the day, as you may feel tired or drowsy.

►► IMPORTANT ◀◀

IF YOU DEVELOP ANY OF THE SYMPTOMS BELOW OR HAVE OTHER WORRISOME ISSUES THAT CANNOT WAIT, PLEASE GO TO THE NEAREST EMERGENCY DEPARTMENT.

- Temperature is 38°C (100°F) or higher
- Heavy bleeding – soaking 2 pads (regular flow) in 2 hours, or passing large clots (the size of an egg) from your vagina
- Pain in your abdomen that is getting worse and doesn't get better when you take your pain medication
- Vomiting that doesn't go away
- Pain/tenderness in your leg (thigh, calf) with swelling, redness, or warmth
- Trouble breathing, chest pain, or you cough up blood
- Fainting or loss of consciousness

IF YOU HAVE ANY OTHER CONCERNS:

If your surgery was within the last 7 days, leave a message on the MUHC Gynecology Nursing Voicemail at 514-934-1934 ext. 36551, and someone will return your call within 24 to 48 hours Monday to Friday 8:00-16:00.

If your surgery was more than 7 days ago, leave a message on the MUHC EndoCARES Nurse Navigator Voicemail at 514-934-1934 ext. 35903, and someone will return your call within 72 hours Monday to Friday 8:00-16:00.

Please note these numbers are not for booking an appointment with your doctor.



PLEASE FOLLOW THESE GENERAL INSTRUCTIONS:

- **You should not take a bath for 2 weeks (or 4 weeks if you had a hysterectomy).** You should take a shower or have a sponge bath every day, starting the day after surgery.
- **You should not swim or go to a spa for 2 weeks (or 4 weeks if you had a hysterectomy).**
- **You should not have sexual intercourse for 4 weeks (or 8 weeks if you had a hysterectomy).**
- You may have some vaginal bleeding for up to 6 weeks. The amount of bleeding is different from one person to another. Use sanitary pads; **do not use tampons. Do not use a vaginal douche.**
- You may have some shoulder or rib pain; this is from the gas in your belly used during the surgery. Walking around the house, drinking warm fluids, and taking the pain medication that your doctor prescribed will help with the pain.
- You can resume your regular diet. There are no restrictions on what you can eat.
- **Avoid lifting, pushing or pulling heavy objects more than 15 pounds for 4 weeks.** Six weeks after surgery, you can gradually resume physical exercise.
- If you have a dressing (bandage) on your incision site(s), you should **remove the dressing 1 to 2 days after your surgery.** You can shower and clean the area with soap and warm water, but you should not rub the incision area. Pat the area dry with a clean towel. If the incision is dry, you do not need to cover it with a bandage. If there is leakage from the incision, apply a clean bandage for another 48 hours. **Remove the small skin tapes (steristrips) 10 days after surgery,** if they have not fallen off already.
- If you have surgical stitches on your skin, they are absorbable and they do not need to be removed.
- Ask your doctor if you should take hormonal medication or use a contraceptive method (birth control), and when to start it after surgery.
- Your doctor may give you more instructions specific to your case. ■