



BASIC INFORMATION

DEFINITION

Laparoscopy is a procedure that allows visual examination and some treatments of the pelvic and abdominal organs. The procedure is performed with a laparoscope, a small lighted telescope.

REASONS FOR PROCEDURE

- Evaluation and treatment of infertility in women.
- Evaluation of known or suspected endometriosis.
- Complications from pelvic disease.
- Masses or cysts in the pelvis.
- Undiagnosed pelvic pain.
- Fibroid tumors of the uterus.
- Voluntary sterilization.
- For diagnosis and treatment of a variety of abdominal disorders.

RISK INCREASES WITH

- Obesity.
- Smoking.
- Heart or lung disease.
- Advanced pregnancy.
- Previous abdominal surgery, especially hernias.
- Previous bowel surgery.
- Use of drugs such as antihypertensives; antiarrhythmics; diuretics; or beta-adrenergic blockers.

DESCRIPTION OF PROCEDURE

- Laparoscopy is performed in an outpatient surgical facility or hospital.
- General anesthetic is administered by injection and inhalation with an airway tube placed in the windpipe. A local anesthetic along with sedation is used sometimes.
- It is often necessary to place an instrument (tenaculum) on the cervix in order to help move the uterus around.
- A small incision is made in or below the patient's navel. A needle is inserted to inflate the abdomen with carbon dioxide.
- The operating table is tilted to allow the bowel to lift and carbon dioxide to float up toward the chest. The laparoscope is used to examine the abdomen visually. It is connected to a high intensity light and a high resolution television camera so that the doctor can see what is happening inside of you.
- The laparoscope is used to perform surgeries, if necessary—appendix and gallbladder removal, diagnosis and treatment of ectopic pregnancy, tubal ligation, aspiration and excision of ovarian cyst, and multiple other abdominal gynecological procedures.
- The laparoscope is removed, and the carbon dioxide is allowed to escape from the abdomen.
- Small sutures under the skin and an adhesive bandage are used to close the wound. In some cases, a long-acting local

anesthetic can be injected into the wound for pain relief.

EXPECTED OUTCOME

Expect full recovery without complications. You may experience slight discomfort for 24 to 48 hours. You may have aches in your shoulders and chest from the carbon dioxide that was used to inflate your abdomen. No treatment is necessary. Allow 6 days for full recovery from surgery.

POSSIBLE COMPLICATIONS

- Bleeding and infection.
- Perforation of the intra-abdominal organs (bowel, bladder or liver) and intra-abdominal blood vessels.



POSTPROCEDURE CARE

GENERAL MEASURES

- You will usually go home the same day as the procedure was performed.
- Expect some soreness around any incision site; this is normal. Your pain symptoms should improve every day.
- Change the adhesive bandage daily.
- Bathe and shower as usual. You may wash the incision gently with mild soap.
- If the procedure was for sterilization and you were taking birth-control pills, finish your present package; then you no longer need birth-control methods.
- Use sanitary pad (not tampons) to stop slight vaginal bleeding, which may occur after surgery.
- Sit in a warm tub of water for 10 to 15 minutes at a time to relieve discomfort.

MEDICATION

- Prescription pain medication should generally only be required for 2 to 7 days following the procedure.
- You may use nonprescription drugs, such as acetaminophen, for minor pain. Avoid aspirin.

ACTIVITY

- To help recovery and aid your well-being, resume daily activities, including work, as soon as you are able.
- Resume driving 24 hours after recovery from surgery.
- Sexual relations may be resumed in 2 or 3 days after recovery from surgery.

DIET

- Avoid carbonated beverages for 48 hours after surgery.
- No special diet.



NOTIFY OUR OFFICE IF

Any of the following occurs:

- You develop signs of infection: headache, muscle aches, dizziness or a general ill feeling and fever.
- You have excessive bleeding or discharge from either the surgical area or the vagina.
- You experience abdominal swelling or pain.