



CCOG

Women's Health Group  
OBSTETRICS • GYNECOLOGY • MIDWIFERY

**POST OPERATIVE INSTRUCTIONS**  
**LAPAROSCOPY WITH OR WITHOUT D & C**

1. Appointment should have been made for 2-3 weeks. If not, call the office at (860) 276-6800.
2. Do not use any tampons until after appointment and do not douche.
3. Do not have intercourse until after your post operative appointment.
4. Do not drive or operate machinery for 24 hours if you've had general anesthesia.
5. May return to work and usual exercise in 2-3 days as you feel able.
6. You may have some abdominal soreness for up to 2 weeks.
7. May shower or bathe as you would with a period.
8. Bleeding should not be heavier than a period or last longer than 5 – 7 days, or 14 days if after a pregnancy.
9. Use warm washcloth soaks and peroxide three times a day if the incisions are sore or red.

**WARNING SIGNALS TO REPORT**

1. Temperature above 100.4 degrees.
2. Bleeding heavier than a period or longer than 10 days.
3. Persistent or severe cramps or pain.
4. Redness or pus around the incisions.

**IF ANY PROBLEMS SHOULD ARISE WHICH WERE NOT COVERED IN YOUR INSTRUCTIONS, PLEASE CONTACT OUR OFFICE. 860-276-6800**

11/08/10

