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## TOTAL LAPAROSCOPIC HYSTERECTOMY (TLH) POST OP INSTRUCTIONS

You have had a TLH. This is a procedure to remove your uterus and maybe your ovaries and/or fallopian tubes through a laparoscopic approach. You will have an incision in the curve of your navel and two or three incisions in the area between your navel and pubic bone. These incisions were closed with dissolvable sutures that do not need to be removed. You can remove the Band-Aids when you get home. If one of your incisions is covered with a clear plastic wrap, please leave it on for 48 hours after discharge. When you remove the dressings, there may be Steri-Strips covering the incision and if so, they can be removed in 7-10 days; do not be concerned if they fall off earlier. You can shower as soon as you get home and there is no need to cover the incision again, but if you prefer, you can use a Band-Aid. It is OK to shower if you have a plastic wrap dressing.

You may experience shoulder, back, neck pain or abdominal bloating for several days after the procedure. This pain is due to the gas that was used during the surgery. You may take Tylenol or over the counter Ibuprofen (as long as you do not have any allergies or sensitivities to these medications) as well as the prescription pain medicine that was given to you. Since many of the anesthetic and pain medications used around the time of your surgery cause constipation, you should take a stool softener (available over the counter) once or twice daily until you feel your bowels are back to normal.

You may notice some abdominal bruising. This bruising may extend over the entire abdomen for the first week. This is normal and will resolve in approximately 10-14 days. There will also be a light to moderate amount of vaginal bleeding for 10-14 days. Some women experience slight staining for up to 4 weeks after the surgery. You should refrain from strenuous activity, swimming, bathing and sexual intercourse for 6 weeks from the procedure. You can increase non-strenuous activity as soon as you feel well enough to do so and you can return to work when your doctor has advised you to do so.

You need a follow-up appointment in 4-6 weeks after the procedure. You should already have that appointment scheduled but if you don't, please call the office at 978-927-4800 as soon as you get home. You will be notified of any pathology from the surgery in 7-10 days.

If you experience any of the following:

- Temperature greater than 100.4 degrees
- Severe nausea or vomiting (lasting longer than 8 hours after surgery)
- Heavy vaginal bleeding
- Profuse or persistent incisional drainage
- Severe, crushing chest pain

you should contact the office during office hours at 978-927-4800. If you have an urgent problem related to the surgery, and feel that you cannot wait until office hours, please call the above number and ask to speak to the on-call doctor.