

Discharge Instructions for Laparoscopic Treatment of Endometriosis



You have been diagnosed with endometriosis, a disease that affects your reproductive organs and your monthly menstrual cycle. It can cause cramps and pain during your periods or pelvic pain throughout the month. Some cases cause infertility. This means you won't be able to become pregnant.

There is no cure for endometriosis, but you can be treated. You and your healthcare provider decided on laparoscopic treatment for you. During your procedure, the healthcare provider made small cuts (incisions) in your belly (abdomen) and used surgical tools to remove or treat the diseased tissue. Your incisions and the area around them may be sore or tender. You may also feel pain in your upper back or shoulders. This is from the gas used to distend your abdomen to allow your provider to see and treat the endometriosis. This pain usually goes away within a day or two.

Here's what you can do at home to help with your recovery.

Activity

- Plan to rest for a week after your surgery, although you may feel OK within a few days.
- While you recover, have friends or family help you with chores and errands.
- Walk as often as you feel able.
- Don't lift anything heavier than 10 pounds to prevent straining your incisions.
- Don't push a vacuum or do other strenuous housework until your healthcare provider says it's OK.
- Climb stairs slowly and pause after every few steps.
- Don't drive for a few days after the surgery. You may drive as soon as you are able to move comfortably from side to side as long as you aren't taking any narcotics.

Other home care

- Take your medicine exactly as directed. Don't skip doses.
- Continue with the coughing and deep breathing exercises that you learned in the hospital.
- Prevent constipation.
 - Eat fruits, vegetables, and whole grains.
 - Drink 6 to 8 glasses of water every day unless directed otherwise.
 - Use a laxative or a mild stool softener if your healthcare provider says it's OK.
- Shower as usual.
- Wash your incision with mild soap and water. Pat it dry. Don't use oils, powders, or lotions on your incision.
- Don't have sex or use tampons or douches until your healthcare provider says it's safe to do so.
- Report hot flashes, mood swings, and irritability to your provider. There may be medicines that can help you.

Follow-up

Make a follow-up appointment as directed by your healthcare provider.

When to call your healthcare provider

Call your provider right away if you have any of the following:

- Redness, swelling, or drainage at your incision site
- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider
- Pain that is not relieved by your medicine
- Any unusual bleeding
- Dizziness or fainting
- Abdominal pain and swelling that get worse
- Nausea and vomiting
- Pain, redness, and swelling of a leg

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