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Post Operative Instructions for Laparoscopy

1. *Expect a vaginal flow 3-5 days. The flow should be lighter than a period after the first day.*
2. *You may have muscular aches and pains following surgery, due to the muscle relaxant that may be used during anesthesia. It is common to ache in the shoulders for 1-3 days after surgery. If this occurs, lie flat on your back.*
3. *Report to Dr. Ahdoot if you have any heavy vaginal bleeding, passage of clots, severe pain or a temperature of 100 degrees or more.*
4. *You may shower the day after surgery.*
5. *You may use a heating pad for abdominal discomfort.*
6. *Refrain from douching, tampon use, tub baths or intercourse until seen in the office.*
7. *Please call Dr. Ahdoot's office to schedule an appointment 3-4 days from now to remove the sutures.*

Morris Ahdoot, M.D.