

BRENNAN OB/GYN ASSOCIATES, P.C.

Obstetrics and Gynecology

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POST LAPAROSCOPY INSTRUCTIONS

Laparoscopy is visualizing the pelvic organs with a metal scope.
Two small incisions are necessary.

DO's

1. Visit the office in one week.
2. Let us know immediately if you have heavy bleeding or severe abdominal pain. You will be distended for several days. You may also have shoulder pain for several days and some spotting.
3. You can return to work in two days.

DON'Ts

1. Don't douche, use tampons, or have intercourse for 1 week.
2. No heavy exercise for 1 week.