

Discharge Instructions: Laparoscopic BSO/SO

What To Expect

- Your doctor has made incision(s) in your lower abdomen. The incisions are covered with Dermabond® (skin glue). This creates a protective barrier over the wound and no dressings are needed.
- You may have some soreness around the incision sites.
- Carbon dioxide (CO₂) was used to inflate your abdomen during your procedure. As it wears off, this gas rises inside your body. This may cause temporary sharp pains in your shoulder or neck.

Wound Care

- You may shower the day after surgery, but do not soak incisions under water for 6 weeks. No soaking means no tub bathing, swimming, or hot tubs.
- Allow soap and water to come in contact with your incisions and pat dry with a clean towel. Do not scrub the incisions.
- Keep the incisions clean and dry.

Restrictions

- Do not lift anything heavier than 10 pounds for 6 weeks.
- No strenuous activity for 6 weeks. Walking and going up and down stairs is OK.
- No driving until after your first post-operative visit in the GYN Center.

Pain Control

- Tylenol® and ibuprofen (Advil®) are over the counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams.** Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.
- You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water.

Diet

- You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.

Call Us If...

- you have unexpected or increased bleeding
- you are not able to eat or drink without vomiting
- you have severe abdominal pain that is not relieved with pain medications
- you have a fever of 101°F (38.3°C) or higher or a fever with chills
- you have increasing redness, pain, swelling, or purulent (thick, pus) discharge from your incisions
- you have swelling, numbness, or discoloration in your arm(s) or leg(s)

Follow Up Care

- You should be scheduled for a follow up appointment in the clinic 2-4 weeks after your procedure.
- You will receive the final pathology report at this visit and discuss any further recommendations or treatments.
- Driving restrictions will be lifted as long as no significant pain issues remain.
- Remember, the sutures (stitches) used during your surgery will dissolve. They do not need to be removed.
- Since this appointment is very important, please contact the GYN clinic if you do not have one scheduled or if you need to change the date and/or time.

Questions or Concerns

Please contact the GYN Center at **716-845-5855** between the hours of 8:00am and 5:00pm on weekdays. Nights, weekends, and holidays, please call **716-845-2300** and our Call Center staff will assist you.