



Laparoscopy of the Pelvis

Pelvic laparoscopy is a surgical procedure performed through small incisions, made possible by the use of a laparoscope—a slender instrument equipped with a camera and light, enabling visualization inside the abdomen. During the procedure, specialized instruments are inserted through these small incisions to diagnose and treat pelvic issues, such as pain and infertility. Typical features of pelvic laparoscopy include:

- Brief hospitalization (often same-day discharge)
- Rapid recovery
- Minimal anesthesia requirement
- Small external scars
- Mild to moderate postoperative discomfort

Preparation:

Before surgery, inform your surgeon about all medications you take, including herbs and over-the-counter drugs. You may need to discontinue certain medications like aspirin for 7 to 10 days prior to the procedure. Follow fasting instructions provided by your healthcare team and arrange transportation for after surgery.

Procedure:

Pelvic laparoscopy involves making small incisions near the navel or pubic hairline or on the lower abdomen. The laparoscope is inserted through one of these incisions, transmitting images to a video screen for a detailed view of internal organs. The abdomen is inflated with gas to create space for visualization and manipulation. Depending on findings, corrective surgery may be performed during the procedure.

Post-Procedure:

After surgery, you'll be taken to a recovery area to awaken from anesthesia. You may experience shoulder pain due to gas irritation. Vaginal discharge may occur, for which you can request a pad from the nurse. Walking is encouraged to enhance breathing and circulation. If a catheter was inserted, it will likely be removed before discharge. Once stable and recovered from anesthesia, you can return home.

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Recovery:

Recovery duration varies depending on the procedure performed, ranging from 2 weeks for simple procedures like tubal ligation to up to 6 weeks for laparoscopic hysterectomies. Follow your healthcare provider's instructions diligently during this period, including:

- Taking prescribed pain medication
- Gradually transitioning to solid foods
- Avoiding heavy lifting until cleared by your provider
- Resting for a few days and consulting your provider about resuming normal activities
- Scheduling a follow-up appointment to discuss procedure outcomes

When to Seek Medical Attention:

Contact our office immediately if you experience

- Fever of 100.4°F (38°C) or higher
- Chills
- Signs of infection at incision sites
- Heavy vaginal bleeding or foul-smelling discharge
- Difficulty urinating
- Severe abdominal pain or bloating
- Leg swelling, pain, or redness
- Persistent nausea or vomiting
- Lack of improvement or fainting
- Difficulty breathing