

Laparoscopic surgery

These instructions are intended for printing. The instructions contain sections to be filled in.

Procedure

Laparoscopic surgery, also known as keyhole surgery or minimally invasive surgery refers to a surgical operation performed through an instrument called an endoscope. In the procedure, a miniature camera and the required instruments are passed through a thin tube into the abdominal cavity. The operation is performed under general anaesthesia.

Laparoscopic surgery can be used to examine the abdominal cavity to find out the cause of unclear abdominal pain, for example.

Recovery

As the wounds are small, recovery is rapid. You will be able to move about freely from the day after surgery but you should avoid lifting anything heavy as well as any strenuous physical activity for about two weeks. As your abdominal area will be slightly bloated, loose garments will feel most comfortable.

You will receive any instructions concerning your diet after the procedure together with the surgical records.

Wound care

You can remove the dressings on the wounds and take a shower on the day after surgery.

- A. Wounds closed with absorbable stitches that need not be removed. The wound tape can be removed after one week. Sauna bathing will be allowed one week, and swimming and bathing in a bathtub 2 weeks (14 days) after surgery.

Or

- B. Wounds closed with removable stitches or staples. The stitches or staples can be removed after 7 days at your own health Centre, occupational health care clinic or mother and child welfare clinic (_____/______). The wound tape should remain in place until then. You can go to the sauna the day after removal of the stitches/staples.

Pain management

After the operation, in addition to wound pain you may have pain in your shoulders or ribs. This is caused by the gas introduced into your abdominal cavity during the operation. The gas irritates the diaphragm, causing pain radiating to the shoulder. The pain is not dangerous and it will subside in a couple of days. Moving about and taking analgesics will help.

Analgesics should be taken regularly for 1 to 4 days and subsequently as necessary:

Paracetamol

Anti-inflammatory analgesic

Strong analgesic

Other medications

No follow-up visit is normally required. The operating doctor will decide on the length of sick leave required.

When to seek medical advice

If you have signs or symptoms of wound infection (increasing pain, marked swelling, heat, redness, continuing wound discharge) or other problems (such as pronounced abdominal pain, continuing nausea, vertigo, malaise, fever or profuse bleeding from the wounds), you should contact your health Centre or the treating unit. Contact telephone numbers:

Day Surgery Unit, weekdays from 07.00–15.00, telephone 06 213 1552,

Your own health Centre or occupational health care service

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117