



Pre-surgery education for Gynecological laparoscopic and robotic surgery

Welcome to 4 Women's Hospital (located in Building 3 on the 4th floor where you will be located postoperatively). The following guidelines pertain to robotic or laparoscopy surgeries. This advanced knowledge will assist you in having an optimal postoperative experience. The guidelines may vary slightly based upon the specific surgical procedure and physician.

Pain control:

Pain medication will be provided to help you achieve an adequate level of pain control. The nursing staff/ physicians will work with you to achieve that level. It is important to remember that all post operative pain can not be eliminated. Pain medication may be given in the form of pills or iv route

Discharge: Pain medication via prescription will be given at dismissal.

Nutrition:

You should be able to resume your normal home diet within a few hours following surgery.

Discharge: Normal home diet unless physician applies restrictions

Ambulation/Activity:

If you are alert upon arrival to the floor, you may be assisted in walking to your bed from the surgery cart. Return to normal activity level will progress quickly with nursing guidance. Nursing staff will provide assistance and instructions in returning to your normal activity. Surgery, anesthesia, medications, and change in your environment place you at greater risk for falls or disorientation. We recommend that you sit on the edge of the bed prior to standing to ensure stability. If you feel dizzy or unstable even after achieving independent activity please call for nursing assistance prior to standing or walking.

Discharge: Lifting and exercise restrictions will apply. No driving while taking narcotics.

Urination/elimination:

A catheter may be present in your bladder to drain urine. If no catheter is present, the nursing staff will assist you to the bathroom until you are able to walk independently. If a catheter is present it will usually be removed later in the day or early the next morning. You will then be assisted to the bathroom until you are able to walk independently.

Incision:

Your incisions will be small and covered with band aids or surgical glue. The band aids can be removed the next morning. It is not uncommon for incisions to have a small amount of drainage.

Discharge: Keep the incisions clean and dry but no additional dressings are necessary.

Shower rather than tub bath is recommended for the first 3 weeks postoperatively.

Dismissal:

Dismissal will be based on the following criteria:

1. Pain control
2. Tolerating oral intake
3. Urination
4. Activity