

**ST. JOSEPH HOSPITAL  
SURGERY CENTER PERSONAL RECOVERY PLAN**

**SPECIALTY INFORMATION: PELVISCOPY / LAPAROSCOPY**

<b>PRE-ADMISSION</b>	<b>ADMISSION</b>	<b>PREPARATION AREA</b>	<b>OPERATING ROOM</b>
<p>Arrange for a responsible adult to drive you to the Surgery Center <b>and home again.</b> Drivers are expected to remain at the Surgery Center so that they are available to hear home care instructions and for timely discharge.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p> <p>Purchase sanitary napkins for use at home after your surgery.</p>	<p>Leave all jewelry, credit cards and money at home.</p> <p>Wear loose comfortable clothes (sweat pants and button down shirt / blouse).</p> <p><b>Parking at the Pavilion is free.</b> Have your driver park on the <b>3<sup>rd</sup> floor</b> of the parking structure. Enter through the double doors.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p>	<p>You will need to change into a patient gown for your procedure.</p> <p>A patient belonging bag will be provided for you to keep your shoes, undergarments and clothes. Your items will be returned to you in the Recovery Room.</p> <p>You will have a small tube placed in your vein so that fluids can be provided to your body during the procedure.</p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>Your legs will be placed in stirrups for this procedure just like they are for your gynecological exam.</p> <p>There will always be a professional staff person with you during your surgery.</p>

## ST. JOSEPH HOSPITAL SURGERY CENTER RECOVERY PLAN

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IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p><b>IMMEDIATE RECOVERY</b> Small tube in your vein with slow running fluid as ordered by your doctor. This will be removed when you are stable.</p>	<p>Start with clear liquids if there is no nausea</p>	<p>Keep in reclining position (about 20 mins) with warm blankets over abdomen to help absorb the Carbon dioxide.</p> <p>Up to the recliner chair with assistance.</p> <p>Assistance to bathroom.</p>	<p>IV or IM pain medication given based on your pain level (0 = no pain to 10 = severe pain), doctor's orders and your symptoms.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1 ½ - 2 hours). <b>You may be asked to urinate before being discharged.</b></p>
<p><b>HOME CARE FOLLOW YOUR DISCHARGE INSTRUCTIONS</b></p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call <b>714-771-8000 ext. 8266</b> for the current schedule.</p>	<p>Clear liquids (water, apple, cranberry juices, tea). No milk.</p> <p>Add foods as tolerated beginning with small, frequent meals. Avoid greasy/spicy foods.</p>	<p>No lifting or straining for the first 24 hours following your discharge. Lie down in a reclining position.</p> <p>Follow activity instructions from your doctor.</p> <p><b>No sexual intercourse, tampons, baths or douching until otherwise instructed by your surgeon.</b></p>	<p>You may experience should pain from the carbon dioxide used during your surgery that has not been absorbed by your body. Take oral pain medication as instructed by your surgeon. Take them with food.</p> <p><b>Avoid alcohol and driving while taking pain medication.</b></p>	<p>Use sanitary napkins instead of tampons.</p> <p>Schedule your post-surgery office visit as ordered by your surgeon.</p> <p><b>Notify your surgeon if you have:</b></p> <ul style="list-style-type: none"> <li>*increasing pain that is not relieved by pain medication</li> <li>*Sudden, heavy vaginal bleeding (sanitary napkin saturated after 1 hour), blood clots.</li> <li>*bleeding from the surgical site.</li> <li>*any unusual or foul smelling drainage from your vagina or surgical site.</li> <li>*extreme swelling or redness of the surgical site.</li> <li>*fever greater than 101.</li> <li>*not urinated 6-10 hours after surgery.</li> <li>* concerns or problems.</li> </ul>