

## Gyn Onc Home Care after Your Laparotomy

### What is laparotomy?

Laparotomy is a surgery that allows the doctor to look at your reproductive organs and other structures in your abdomen. It can be used to find or treat disease. One large incision is made. It can vary in length but it is usually from just above the navel to a couple inches above the pubic bone. You will need to have anesthesia for this surgery.

### Care of Incision

- You may shower, letting the water run over the incisions. Pat dry.
- Do not apply any powders, ointments, or creams to the incision site.
- Check your incisions daily for signs of infection.
- Most of the time you will have staples in place. These help the outer edge of the incision heal. These are often removed 10-14 days after you leave the hospital.
- Your incision is held together with dissolvable sutures at several places deeper in your abdomen.

### Vaginal Bleeding

Vaginal bleeding is normal after this surgery – how much bleeding and for how long can vary. It may be like a light period; you may even notice some small clots. It is normal for you to notice this for up to 6 weeks after surgery. Please contact your surgeon's office if you are soaking more than a pad an hour or if you are concerned about the amount of bleeding,

### Activities

- You may shower and shampoo. Do not soak in the bathtub or swim until cleared by your doctor.

- You can start driving again when you have stopped taking narcotic pain pills and are sure that you can control the car quickly if needed (about 2 weeks)
- Do not have sexual intercourse, douche, use tampons, or insert anything into the vagina for 6 weeks—**this is called pelvic rest.**
- No lifting greater than **10 pounds for 6 weeks.**
- Stay home the first week and relax.
- The second and third week you may slowly increase your activity. Listen to your body for cues. Avoid fatigue and take time to rest.
- It is okay to walk up and down stairs and to walk for exercise. Do not take part in strenuous exercise that uses your abdominal muscles (such as Pilates, biking, or running)

### Diet

If you feel sick to your stomach, do not eat a full meal.

- Start slowly with clear liquids such as tea, broth, or Jell-o.
- Add solid food to your diet as your stomach feels better.
- You may want to avoid fatty foods at first and slowly add them to your diet. Fatty foods include fried foods, creams, potato chips, pizza, and large servings of gravy or butter.

### How to Prevent and Treat Constipation

If you are constipated **and** you are having nausea and vomiting, call the Gyn/Onc RN triage line/After Hours line at **(608) 263-1548.**

## To Prevent Constipation

You may have trouble with bowel movements after you go home.

- Drink plenty of liquids.
- Avoid caffeine drinks as they may dehydrate you.
- Being up and about is helpful as well.
- Narcotic pain pills will cause constipation. Take a stool softener (Docusate Sodium/Colace<sup>®</sup>) 100 mg twice daily and Miralax<sup>®</sup> 17 gm once daily while on narcotics. You can buy this without a prescription at the drugstore.

## Treating Constipation

If you have no bowel movement within 48 hours after leaving the hospital follow these instructions:

### Have you had surgery on your bowels in the last month?

- **I don't know** - Please contact the Gyn/Onc RN triage line/After Hours line at **(608) 263-1548** to review your records
- **Yes** - Increase Miralax<sup>®</sup> to twice daily dosing **or** take milk of magnesia 2-4 tablespoonsful
- **No** – Take a rectal suppository, like Dulcolax<sup>®</sup>. You should have a bowel movement within 4-6 hours.

## When to call your Gyn/Onc Care Team

- Severe abdominal pain not relieved by pain pills
- Severe nausea and vomiting
- Inability to tolerate food or liquid by mouth
- Pain or burning with urination
- Redness or increased tenderness around any of the incisions
- Pus-like (yellow, green or thick) drainage from the incision
- If any portion of your incision opens up
- Fever (by mouth) greater than 100.4°F
- Excessive swelling or bleeding
- Vaginal bleeding that soaks more than one sanitary napkin in one hour.
- Constipation—no bowel movement for greater than or equal to 3 days
- Increased shortness of breath

## Phone Numbers

### Call 911 for emergencies

If you have any questions or problems when you are home, please call:  
Gynecology/Oncology Clinic: **(608) 263-1548**

After hours and weekends, the clinic number will connect you with the paging operator. Ask for the gynecology resident on call. Give your name and phone number with the area code. The doctor will call you back.

For clinic appointments call **(608)265-1700**  
Toll free phone number is **800-323-8942**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©10/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6081