

Dr Gareth Weston

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Gynaecology, Infertility, Obstetrics

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Laparoscopy – Patient Information

■ **What is a laparoscopy?**

A laparoscopy is a minimally invasive (keyhole) surgery used to examine or treat conditions inside the abdomen or pelvis. It is commonly performed for gynaecological conditions such as pelvic pain, endometriosis, ovarian cysts, or fertility assessment.

■ **How is it performed?**

The procedure is done under general anaesthetic. Small incisions are made in the abdomen and a camera and fine instruments are used to perform the surgery.

■ **How long does it take?**

Most procedures take **30 minutes**, depending on what is required.

● **Hospital stay**

Many patients go home **the same day**, though some may require an overnight stay.

■ **Can I have a laparoscopy if I have my period?**

Yes. Having your period does not usually prevent a laparoscopy.

In most cases, surgery can proceed as planned. If you have very heavy bleeding or concerns, please notify the clinic prior to your procedure.

NOTE; We advise that if you are actively trying for a pregnancy and may be due for a period at the time of surgery, that a home pregnancy test is completed the night before or morning of your surgery.

■ **Recovery**

● **Light activities: within a few days**

Return to work: **1-3 days** (longer for physical jobs)

Full recovery: **1 week** (may vary)

Feeling tired for several days after surgery is normal.

Will I get Pain after surgery?

You may experience:

- Mild abdominal pain or bloating
- Shoulder tip pain (from surgical gas)
- Mild discomfort at incision sites

Pain is usually manageable with simple pain relief. This can be given by the Doctor before you leave the Hospital.

■ **Risks**

Laparoscopy is generally very safe. Possible risks include:

- Bleeding or infection
- Injury to surrounding organs
- Anaesthetic-related risks

Your doctor will discuss risks specific to you.

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■ *Scars*

Scars are usually **small and minimal** and fade over time.

■ *Driving, exercise & sex*

- No driving for **24 hours** after anaesthetic
- Avoid strenuous exercise and intercourse for **1–2 weeks**, unless advised otherwise

When to seek medical advice

Contact us if you experience:

- Fever or chills
- Increasing pain
- Heavy bleeding
- Redness or discharge from wounds
- Persistent nausea or vomiting