

## Dear Patients,

After surgery, we will review all details with you personally and point out any specific instructions. This information sheet summarizes key points for your initial recovery at home. Please take note of the following:

### Pain

Mild wound pain or diffuse upper abdominal pain may occur after laparoscopy. We recommend taking Ibuprofen 400 mg three times a day for five days. Ibuprofen helps reduce inflammation and pain. If this is insufficient, you may take up to 800 mg of Ibuprofen four times a day. Starting from the second day after surgery, you can reduce the dosage if the pain decreases.

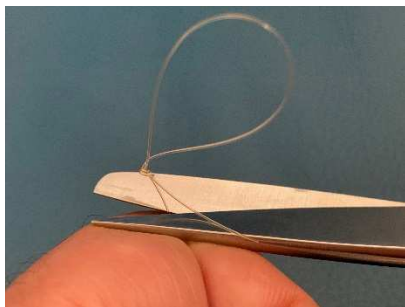
It's common to experience referred pain after laparoscopy, often felt under the rib cage or in the shoulder area. This can feel similar to muscle soreness and is normal. Ibuprofen 400 mg can also help relieve these symptoms.

### Incision Care

On the second day after surgery, you may remove the white bandages and take a shower. Adhesive strips (Steri-strip®) on the wound can stay in place for two weeks. The strips are water-resistant, so showering is fine; please gently dry them with a hairdryer afterward. If the strips begin to loosen, you can remove them.



We use dissolvable stitches that will absorb on their own in about six to eight weeks, so follow-up for the incision is typically not necessary. You may trim any protruding stitch ends to skin level by gently lifting the end and, if present, cutting below the knot.



### Eating and Drinking

On the evening of surgery, please have only liquid foods, such as crackers or soup, and drink

tea or water. The following day, light foods like porridge or pureed foods are recommended. After that, you may eat and drink according to your appetite.

### **General Guidelines**

- Sleeping on your side is possible from the first day after surgery.
- Please avoid direct sun exposure and tanning beds for eight weeks.
- Light physical activity is permitted from the second day after surgery but should not be strenuous.

### **When to Contact Us**

Please contact us immediately if you notice redness around the wound larger than the size of a hand, if the abdomen feels very warm, or if you develop a fever. This will allow us to monitor the healing process and intervene if necessary.

### **Follow-up with Your Gynecologist**

Please call your gynecologist the day after surgery to schedule a follow-up appointment, usually around ten days after surgery.

### **AQS Questionnaire**

Please complete the questionnaire provided upon discharge and return it within 14 days in the enclosed prepaid envelope to medicaltex GmbH. Your feedback helps us participate in validated quality assurance.

**Best regards,**

Your

Gyn-munich