Laparoscopic Surgery for Endometriosis: Do’s & Don’ts

# Do’s

* • Rest for the first few days and slowly increase gentle movement like short walks.
* • Take pain medications as prescribed and use a heating pad for gas pain in your shoulders or abdomen.
* • Watch for signs of infection such as fever, redness at incision sites, or unusual discharge.
* • Eat small, high-fiber meals and drink plenty of water to help with digestion and prevent constipation.
* • Care for your emotional health—mood changes after surgery are normal. Seek support if needed.
* • Go to all your follow-up appointments to monitor healing and discuss ongoing care.
* • Accept help with cooking, cleaning, and other tasks so your body can heal properly.

# Don’ts

* • Avoid heavy lifting, exercise, or strenuous movement until your doctor says it’s safe.
* • Don’t skip medications or ignore post-op instructions.
* • Don’t ignore constipation—ask your doctor about safe options if you’re struggling.
* • Don’t use tampons or have sex until your healthcare provider gives you the go-ahead.
* • Don’t compare your recovery timeline to others—every healing journey is different.
* • Don’t ignore new or worsening pain, heavy bleeding, or symptoms that concern you.
* • Don’t rush back to work or daily routines—let your body recover fully first.