

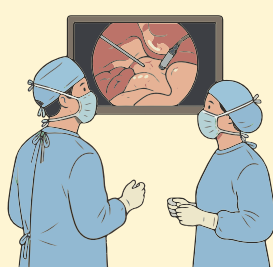


Investigative Laparoscopy & Endometriosis Surgery

Understanding, preparing for, and recovering from pelvic surgery

TYPES OF SURGERY

- **Excision** – Cutting out the diseased tissue. Also referred to as “removing the root”
- **Ablation** – Uses heat, lasers, or electrical energy to destroy Endometriosis tissue on the surface
- **Combination** – Uses a combination of Excision and Ablation to remove the Endometriosis tissue



All are performed under general anaesthetic by a consultant gynaecologist.

- 1–4 tiny incisions made in the abdomen
- The tummy is gently inflated with gas for visibility
- A small camera is inserted to examine pelvic organs
- The surgeon may remove endometriosis, free adhesions, or take biopsies
- The gas is released, cuts closed with dissolvable stitches, and dressings applied
- It takes 30–90 minutes for investigation or 1–3 hours for endometriosis surgery
- Most people go home the same day, or stay 1–2 nights if more complex

HOW IT'S DONE

PREPARING FOR SURGERY

Before your surgery:

- Arrange help at home for the first week
- Pack your hospital bag (plan for at least 1 overnight stay)
- Follow any pre-op instructions you have been given
- Prepare easy meals and a comfortable recovery space
- Ask your surgical team any questions
- Check HEY Endo's 'Resource' page on www.heyendo.co.uk



SURGERY DAY

- You'll meet your surgical and anaesthetic team
- You'll be given compression stockings to wear prevent clots
- You'll be asked to change into your hospital gown, dressing gown and slippers before walking down to Theatre
- You may have a catheter and wound dressing afterward
- Most people are discharged the same day but some can stay 1–3 nights depending on surgery type

AFTER SURGERY

Going Home:

- You'll be discharged once you can walk, eat, pass urine on your own and manage pain
- You'll receive wound care and medication instructions
- Arrange transport home as you won't be able to drive



HELPFUL TIPS

- Use a small pillow to support your abdomen when coughing or laughing
- Wear loose clothing and cotton underwear
- Drink plenty of water and eat fibre to prevent constipation
- Keep a diary of your recovery progress
- Reach out to HEY Endo's community for advice and reassurance
- Once fully recovered, keep pelvic floor muscles strong

SELF CARE

PHYSICAL RECOVERY



- Rest and avoid heavy lifting for 2–4 weeks
- Keep your wound clean and dry
- Take pain relief as prescribed
- Gentle walking helps circulation
- Avoid sex until cleared by your doctor
- Contact your GP if you notice fever, heavy bleeding, or unusual discharge

EMOTIONAL RECOVERY

It's normal to feel relief, frustration, anxiety, fatigue and feelings of overwhelm. If your surgery confirmed endometriosis or suggested adenomyosis, give yourself time to process the information.