

Extracorporeal Knots in Laparoscopy

Pre- and Post-Surgery Checklist



What to Expect

This technique is one of several methods a surgeon might use during laparoscopic gynecologic surgery to close tissue or tie off an area safely.

If it's used in your case, it's typically done while you're under anesthesia as part of your planned operation.

What to Prepare

Generally, you'll need to do the following before any laparoscopic procedure:

- Follow your surgeon's instructions about eating and drinking (including when to stop food and fluids beforehand)
- Review your medications and supplements with your provider, including blood thinners and anti-inflammatory medications

Questions for Your Doctor

If you are curious about this technique, here are some questions you may want to ask your healthcare provider:

- Will my laparoscopy require internal sutures or closure during the procedure?
- Do you typically use extracorporeal sliding knots in this kind of surgery? Why?
- What steps will you take to make sure sutures are secure without being too tight?
- Will tying this kind of knot change anything about my recovery or restrictions afterward?
- What symptoms after surgery should prompt me to call you?

Post-Surgery Recovery Process

Recovery timelines can vary for laparoscopic surgeries, but here are some general guidelines for what to expect:

- You may have soreness and fatigue for a few days after surgery.
- Your provider will tell you when to return to work, exercise, and lifting based on your specific procedure.
- Follow-up instructions are important, especially if you have pain that worsens instead of improving.
- Your team will tell you what to watch for, such as fever, heavy bleeding, or severe pain.