

Ovarian Cystectomy

Pre- and Post-Surgery Checklist



What to Expect

You'll meet with a practitioner from the hospital's Pre-Operative Clinic (PAC) a few days or weeks before your procedure. They'll review your current medications, arrange for any necessary testing, and answer any questions or concerns you have.

Laparoscopic cystectomy is usually performed under general anesthesia and takes about one to two hours, depending on the size and complexity of the cyst. You may be allowed to go home later the same day or admitted for monitoring instead.

What to Prepare

The surgeon will give you specific instructions ahead of time, and it's important to follow them carefully.

This may include:

- When to stop eating and drinking before your operation
- Whether to stop, continue, or adjust any of your current medications
- When you should arrive at the hospital and check in

If you have any questions about your instructions or aren't sure what to do, call the surgeon's office and ask for guidance right away.

Questions for Your Doctor

Having surgery can be stressful. Asking the right questions at your appointments can help you feel more confident, informed, and in control as you move forward.

Patients often ask questions like:

- Is laparoscopic cystectomy really the right choice for my case?
- Are there other options for treating my cyst that don't involve surgery?
- Will I need any special tests, and if so, which ones will you order?
- What are the chances that you'll need to convert to an open surgery?
- Where can I find trusted information about ovarian cysts online?
- How likely is it that my ovary can be preserved?
- Could this affect my fertility, and if so, how?

Some people find it helpful to write down a list of questions before each appointment. You can also bring a support person with you, if desired.

Post-Surgery Recovery Process

Most patients heal from laparoscopic surgery very quickly. Some are able to return to light activities or even go back to work after the first week, while others need more time.

Recovery usually takes 1 to 2 weeks. Some patients may continue to feel some discomfort from surgery for 6 to 8 weeks.

In the first few days, you may:

- Feel fatigued or need to sleep more often
- Experience bloating or feel full after eating small meals
- Notice mild swelling or redness in and around your incisions

It's also normal to have some pain, especially in the first 3 to 4 days. Over-the-counter medications like naproxen and acetaminophen can help. Walking can also help by dispersing any remaining gas in your abdomen and reducing your risk for blood clots.