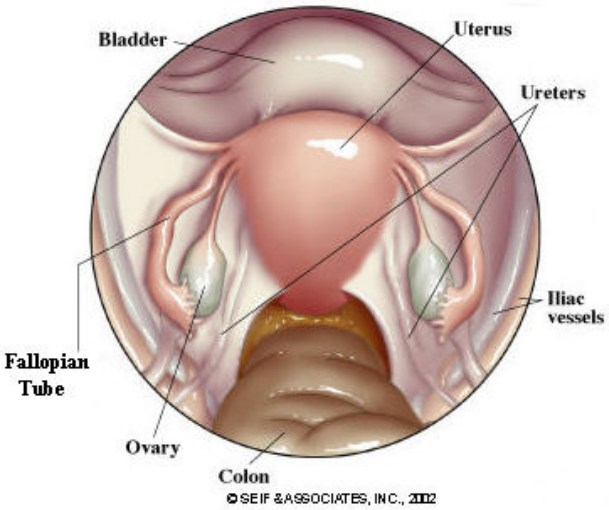
Laparoscopy for Tubal Ligation
Care After Surgery

Laparoscopic tubal ligation is an operation done with a long, lighted tube inserted through a small cut (*incision*) in the abdomen. The fallopian tubes are blocked by tying, clamping with a plastic clamp, or burning them closed with an electrocautery.

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications may occur. If you have any problems or questions after discharge, please call your caregiver.



HOME CARE INSTRUCTIONS

- It will be normal to be sore for a couple days following surgery.
- Take your medicine and follow the instructions from your caregiver.
- You may resume usual diet, exercise, driving and activities as allowed by your caregiver.
- Do not have sexual intercourse until your caregiver gives you permission.
- Do not drive while taking pain medicine.
- Avoid lifting until you are instructed otherwise.
- Use showers for bathing, until you are seen by your caregiver.
- Change dressings if needed, and as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Do not take aspirin, because it can cause bleeding.
- Take your temperature twice a day and record it.
- Try to have someone with you the day you have the operation, and for a couple days afterward.
- Make an appointment to see your caregiver for stitches (*sutures*) or staple removal and postoperative exams, as instructed.

SEEK MEDICAL CARE IF:

- There is redness, swelling or increasing pain in a wound.
- There is drainage from a wound lasting longer than one day.
- Your pain is getting worse.
- You develop a rash.
- You are having a reaction to your medicine.
- You become dizzy or lightheaded.
- You need stronger medicine, or a change in your pain medicine.
- You notice a foul smell coming from a wound or dressing.
- There is a breaking open of a wound after the stitches, staples, or skin adhesive strips have been removed.
- You develop constipation. You may take a mild laxative recommended by your caregiver. Bran foods and drinking a lot of liquids helps with constipation.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- There is increasing abdominal pain.
- You develop pain in your shoulders (shoulder strap areas) which is progressively more severe. Some pain is common, because of the gas inserted into your abdomen during the procedure.
- You develop bleeding or drainage from the suture sites or vagina (*birth canal*) following surgery.
- You pass out.
- You develop shortness of breath or difficulty breathing.
- You develop chest or leg pain.
- You develop persistent nausea, vomiting, or diarrhea.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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