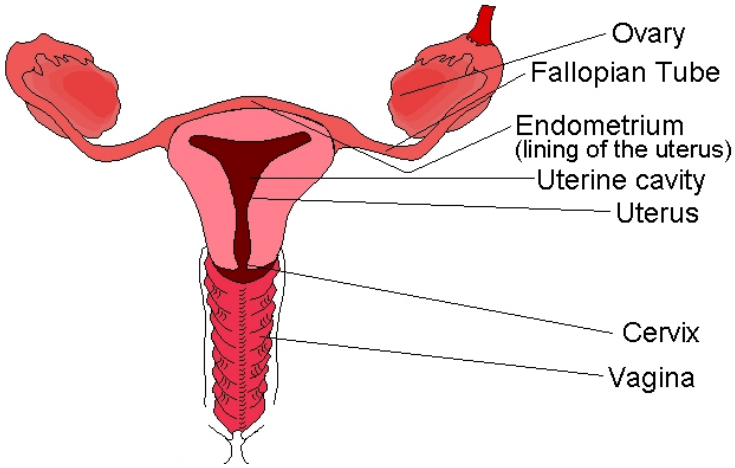
Tubal Ligation
Care After Surgery

You should be able to return to work in about a week. Your period should start in 4-6 weeks. Your ovaries were not removed. You will not need to take hormones. Your interest in sex will not change after your tubal ligation.

HOME CARE



What to expect

- You might have small amounts of vaginal bleeding or spotting for one week.
- You may have a bandage over your incision. After 2 to 3 days, you will no longer need a bandage. You can remove the bandage the morning after surgery and the small paper strips after 2-3 days. A small amount of bloody drainage is normal. If you have a large amount of bleeding, call your doctor or go to the Emergency Room.
- You may have mild cramps for 2 to 3 days. You may feel sick to your stomach. Try drinking tea, eating toast or crackers.

What to do:

- For the first week, take showers (not tub baths).
- Always wipe from front to back after using the bathroom. This prevents infection.
- Be sure to keep your doctor appointments.

Do not:

- Do not have sex or douche for at least a week or for as long as your doctor tells you. Do not lift anything heavy for at least a week or until told it is okay by your doctor. Do not drive or drink alcohol for 24 hours.

GET HELP RIGHT AWAY IF:

- A large amount of bleeding from your incision.
- Signs of infection, including fever higher than 100° F (37.8° C) or chills.
- Severe pain or tenderness in your lower stomach or pelvis.
- Any unusual bleeding between periods.

Easy-to-Read style based on content from Parkland Hospital, Dallas, Texas

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