



Laparoscopy, Tubal Ligation

... after the procedure

What Can I Expect After My Procedure?

- Discomfort throughout the lower abdomen as well as the incision(s) is common after surgery.
- Bruising on the abdomen may be seen.
- Light bleeding from the vagina.
- Shoulder pain—this is caused by irritation to the diaphragm when the abdomen is inflated with air during your procedure.

Instructions

- You may shower after 24 hours. Wash off your incision in the shower using soap and water. Do not soak in a tub or pool for 2 weeks and incisions are no longer leaking. Clean your incision daily with soap and water. Do not use any creams or lotions on your incision. If you have a glue-like covering over the incision, just allow the glue to flake off on its own. Do not pick at the glue.
- You may resume a regular diet soon after surgery as long as you are not experiencing nausea or vomiting. Drink plenty of fluids and eat.
- Do not douche, use tampons or have sexual intercourse for 2 weeks or until your caregiver tells you that it is okay.
- No heavy lifting—more than 15 pounds for 4 weeks after surgery.

Follow-Up Appointment

- After surgery the doctor will let you know when you need to return for your follow-up appointment. You are responsible for making your own follow-up appointment.

Medication

- Your doctor may prescribe medication to help with discomfort. Please take all medication as directed by your doctor.
- It is OK to use over the counter Ibuprofen as needed and as directed for pain or cramping, as long as you are not allergic, have stomach ulcers or kidney failure.

Anesthesia

- Patients may be quite irritable for several hours after surgery. If sedatives were given, some patients will remain sleepy for much of the day. Nausea and vomiting is occasionally seen and usually resolves by the evening of surgery—even without therapy. Try to rest for the remainder of the day. No operating heavy machinery, driving a motor vehicle, consuming alcohol or making any important business decisions for the next 24 hours.

Please Call Your Doctor If You Have:

- Severe pain that is unrelieved by medication
- A temperature greater than 101 degrees
- Incisional drainage, redness or swelling
- Difficulty urinating
- Significant and persistent nausea or vomiting
- Vaginal bleeding more than 2 pads per hour
- Excessive vaginal discharge that is foul-smelling
- Significant bruising that is more than just surrounding the incision sites

