



## Post operative instructions for Laparoscopic Tubal Sterilization

### **Activity and Incision Care**

You may resume most normal activity as you feel up to it. You may find certain activities such as climbing stairs and lifting objects painful at first, but you are allowed to perform these activities as long as you feel up to it. Since we place an instrument inside the uterus (through the vagina) during this operation, you should expect some light vaginal bleeding. To allow proper healing, do not place anything inside the vagina for about one week (tampons, douching, sexual intercourse).

There are also several small incisions on your abdomen from the laparoscopic instruments. These incisions should be kept dry for 24 hours after the operation. You may bathe or shower after this time. Sometimes a stitch is used to close these incisions. This stitch will normally dissolve on its own. If tape (Steri-strip) was used, leave it in place for one week and then remove. If Dermabond (the "glue") was used, allow it to wear off over a week or two. You may pull it off after 1 week if you wish.

### **Pain relief and Other Medications**

There are three types of pain expected from this operation: pain in the incision, lower abdominal pain from the pelvic organs such as the uterus and ovaries, and neck/shoulder pain from the laparoscopy gas. We recommend first using non-narcotic pain relievers such as ibuprofen (Advil), naproxen (Aleve), and acetaminophen (Tylenol). Narcotic pain relievers may also be necessary. You will be given instructions and prescriptions for the correct use of these medications when you are discharged home. The neck and shoulder pain usually goes away within three days. Call us if your pain is not adequately controlled or increases suddenly.

Other medications you were taking before the surgery are generally restarted after surgery, but please review your medication instructions and ask if you have any questions about this.

### **Things to watch and call for:**

If your vaginal bleeding becomes heavier, or if you develop a foul smelling vaginal discharge.

If you develop a fever greater than 100.0 degrees.

If your abdominal pain starts getting worse, or if you notice pus or foul smelling drainage from your incisions.

If the skin around your incisions develops a spreading pink or red color.

If you have new and sudden chest pain, difficulty breathing, or cough up blood.

Some nausea and decreased appetite is expected for about 24 hours. Call if you develop nausea or vomiting, or if you have trouble having a bowel movement after that.

Please call if you have any concerns or questions not covered here

**Return or a post-operative visit in \_\_\_\_\_**

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Bel Air  
520 Upper Chesapeake Drive, Suite 301 • Bel Air, MD 21014 • Phone: 443.643.4300 • Fax: 443.643.4303

Havre de Grace  
308 North Union Ave • Havre de Grace, MD 21078 • Phone: 410.939.3121 • Fax: 410.939.9411