

## **PERIOPERATIVE SERVICES**

### **Post-Operative Instructions for Laparoscopy or a Tubal Ligation**

#### **PAIN:**

Take any pain medications prescribed for post-op recovery according to directions only. Do not take more than prescribed. If your prescribed medicine is inadequate, call your surgeon's office.

#### **OPERATIVE SITE:**

##### **Incision care**

Stitches are below your skin, and will dissolve.

##### **Dressing**

Keep your incision covered and dry. On the day after surgery, you can remove your outer tape and gauze or Band Aid™, but do not remove the paper Steri-strips™; they should fall off by themselves in about a week. After a week you may gently pull off strips that haven't fallen off.

##### **What to expect**

For a few days after surgery you may experience some bloody vaginal discharge. Do not use of tampons for 4 weeks after your surgery. Please use sanitary pads during this time. Avoid douching because it can increase your risk of infection. You may resume intercourse after two weeks. If intercourse is painful follow up with your surgeon.

#### **ACTIVITIES:**

You will need to sleep. Your body will inform you of your limits, so tune in. It is normal to be sore for a few days and up to a week. No heavy lifting or strenuous activity for 2 weeks. You may shower, and we recommend that you keep your incision clean with soap and water. If you have Band Aids™ in place these may need to be replaced after showering. Please do your best to keep the incisions dry. Always pat your incision dry with a clean towel. Refrain from driving for 24 hours after your surgery. Refrain from swimming, bathing and using hot tubs while bleeding or spotting for 2 weeks or while bleeding or spotting.

#### **DIET:**

We advise you to drink liquids and eat soft foods that are easy to digest for the first few days after the procedure. After that, you may resume a normal diet.

**CONTINUED ON OTHER SIDE →**

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Queensway  
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**FOLLOW UP:**

Your surgeon will advise you of your follow up appointment.

**ADDITIONAL INFORMATION:**

Call your surgeon or go to the nearest Emergency Department if you have any of the following complaints:

- You have a fever (oral temperature more than 38°C or 100.4°F)
- You experience heavy vaginal bleeding: for instance, if you are using a sanitary-pad every hour
- Your incision is developing redness or drainage
- Your pain medication is not strong enough for your pain
- You cannot keep down food or liquids
- You cannot urinate, or urination is painful

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients/families to help inform you of your essential role in your own safety.

The information contained in this booklet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.