PERIOPERATIVE SERVICES

**Post-Operative Instructions for Laparoscopy or**

**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. After 3 days, 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 two 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:**

A nurse will assist you out of bed as soon as possible. Once you are discharged you can resume usual activities gradually but please do not lift anything over
20 pounds. No heavy lifting or strenuous activity for 2 weeks. You may shower tomorrow 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 swimming, bathing and using
hot tubs for 2 weeks or while bleeding or spotting.

**CONTINUED ON OTHER SIDE 🡪**

Information is available in alternate formats upon request

**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.

**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 a fever (oral temperature more than 38oCor 100.4oF)
* 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

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.