



AFTER YOUR LAPAROSCOPIC TUBAL LIGATION DISCHARGE INSTRUCTIONS

ACTIVITY:

Resume your daily activities gradually and you may return to work within a couple of days if you are feeling well.

NUTRITION:

Resume your usual diet. Eat light meals the day of your procedure.

HYGIENE:

You may shower. Lightly pat dry your incisions.

CARE:

What to expect after the procedure.

- The incisions will be steri-stripped. These will stay on for 7-10 days. Cover with a light dressing (bandaid) if needed.
- It is important to keep your incisions clean and dry between washes.
- Absorbable sutures do not need to be removed.
- Expect to have some pain in your abdomen and shoulder area. Take the medication your doctor suggests for pain.
- It is common to have muscle soreness after a general anesthetic. This will gradually go away as you move around.

CALL YOUR DOCTOR OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF:

- You have excessive vaginal bleeding
- Your incision(s) feel hot, looks red and swollen. If you have a foul smell from your incision drainage.
- You experience abdominal pain that worsens over time or does not respond to pain medication.
- You have a fever greater than 38 degrees C.

Follow-up:

Make an appointment to see your physician post-operatively in 2 weeks in the office.

DRIVING:

You may not drive a motor vehicle, operate machinery, drink alcohol or make legal decisions for 24 hours after your surgery.

If you require general information or have any questions and you are not able to contact you Doctor. Please call:

Health Link Alberta
Call toll free:
1-866-408-LINK (5465)
Edmonton: 780-408-LINK
Calgary: 403-943-LINK