

Women's Health Care

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POST-OP INSTRUCTIONS FOR LAPAROSCOPIC TUBAL LIGATION

ANESTHESIA:

There is an unpredictable amount of reaction from the anesthesia ranging from no complaints to a feeling of being tired for several days. You may have a sore throat for the first 24 hours. There may also be some aches in your shoulders and chest; this is harmless and will disappear in a few days. This can be relieved by lying flat in bed.

DIET:

As soon as you are feeling up to eating, you may eat any food that you desire in moderation.

ACTIVITY:

You should not drive for at least 24 hours. You may return to work the next day if you feel up to it. Intercourse and other activities are fine as long as you feel okay.

PAIN:

For the sore throat, use a standard non-prescription anesthetic throat lozenge or gargle. For the shoulder or chest ache, two adult Tylenol every four hours usually controls the discomfort. Notify the office of any increase in abdominal pain not controlled by Tylenol, or if fever develops.

WOUNDS:

Usually the stitches are hidden beneath the skin and will dissolve with time. The band-aid may be left on, being changed every day. You may shower or tub bathe. Report any signs of infection, pus, marked swelling or redness to the office. Some bruising is to be expected. Some vaginal spotting is common.

APPOINTMENT:

The hospital should have called to make a 2 weeks appointment for you, but you may want to call the office to recheck to see if this has been done.

If any problems or questions arise, please contact our office.