

Instructions for Home Care Following Surgery *Laparoscopic Tubal Ligation (LSTL) or Laparoscopic Exam*

Patient's Name _____ Doctor _____ Date _____

- **Activity:** Rest in bed the day of your dismissal. Decrease your general activities and take rest periods for the next couple days. You may resume normal activities as soon as you are comfortable doing so. No strenuous activities for one week.
- **Operative Wound:** You may have from one to four small ½ inch incisions from the laparoscope. You may go home with staples supporting these incisions. If you do go home with staples in, they will need to be removed in our office by the nurse in three to four days following the procedure. The incisions should be treated as ordinary skin cuts. Please keep them clean and dry to assure good healing. Please use soap and water on your incision to promote cleanliness. Please monitor this area for signs of infections such as bleeding, excessive drainage with a foul odor, redness and/or puffiness, or opening of the incision itself.
- **Vaginal Discharge:** There may be some bleeding from the vagina (birth canal) for a couple of days. If you have bleeding that is heavier than a normal period for you or if excessive amounts of bright red bleeding are present, you should notify the doctor. Your next menstrual period may occur at any time after this.
- **Hygiene:** You may take a shower or wash your hair anytime you desire after you go home provided you do not feel too tired or weak. It is advisable that you take a shower rather than a tub bath for the first two weeks after your surgery. When you shower, you should soap up your incision to get it very clean. Please try to get your incision very dry following the shower. It may be helpful to use a blow dryer to dry this area very carefully.
- **Sexual Relations:** You should not have sexual intercourse for two weeks following your surgery. If you have had a tubal ligation, once sexual relations are resumed; there is no need for further contraception.
- **Tampons/Douching:** You may use tampons one week after your surgery. Douching is not ever recommended.
- **Pain:** Sore abdominal muscles are not unusual following the procedure. Tylenol, Ibuprofen, and/or a heating pad are usually all that is needed to control your discomfort. If the doctor feels you will have more discomfort than this, a prescription for a pain pill may be offered at the time of your dismissal.



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- **Nutrition:** Your diet should be balanced with the essential vitamins and minerals. Unless otherwise advised, you may eat a regular diet. Adequate amounts of lean meat, fish, poultry, eggs, green and yellow vegetables, citrus fruits and juices, melon, whole grain bread, cereals and milk products should help with the healing process. A diet that is particularly high in protein and vitamin C will promote your healing as well.
- **Constipation:** If you re-establish the proper dietary habits, constipation should not be a problem. Six to eight glasses of water daily, some roughage, such as lettuce, celery, greens, etc. and adequate amounts of citrus fruits, figs, dates, prunes or prune juice should help promote regular bowel movement. If you would like over-the-counter stool softeners or Milk of Magnesia are also acceptable. Call the office for something stronger if these suggestions prove unsatisfactory.
- **Post-Operative Care:** If you go home with staples, you will need to make an appointment for three to four days following your surgery with the nurse to have your staples removed. You will also need to make a post-op checkup with the doctor approximately two weeks and six weeks from the date of your procedure. At this doctor's appointment, you will be examined and the doctor will go over the case with you as well as any pathology results. The office number is 832-1424.
- **Reasons to call the doctor after leaving the hospital:** (If it is after hours, the answering service will pick up and get in contact with the doctor on call for you)
 - Excessive heavy vaginal bleeding (from the birth canal)
 - Severe chills or fever of 100° F
 - Frequency and burning with urination (emptying your bladder)
 - Swelling, redness, tenderness, drainage, or opening of the incision
 - A red, hard, tender or hot area along your leg and/or incision site
 - Chest pain or any other unexplained sign or symptom

I have read the above information, have had all my questions answered to my satisfaction, and understand the information.

Patient _____ Witness _____

Date _____ Date _____