



LAPAROSCOPIC TUBAL LIGATION

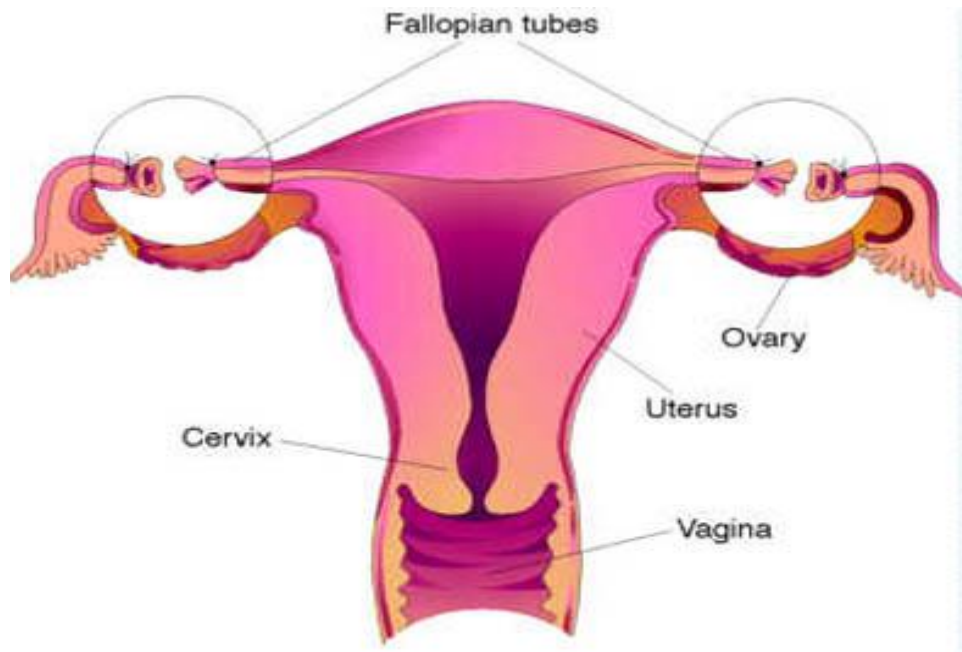
Date of Surgery _____

Please bring this booklet the day of your surgery.

QHC #152

What is a Tubal Ligation?

A tubal ligation is a surgical procedure used to permanently prevent pregnancy. It involves tying, sealing or attaching a clip to the fallopian tubes. One or two tiny incisions are made in the lower abdomen. Air is introduced into the abdomen to help make the organs easier to see. A thin lighted telescope-like instrument called a laparoscope, allows your Doctor to see the fallopian tubes. A second instrument is then used to block the fallopian tubes.



The procedure takes about 20-30 minutes. The most common type of anaesthesia used is a general anaesthetic (which puts you to sleep).

After the Procedure

It is common to feel more tired than normal for the first 1-2 weeks after the surgery. Get extra sleep at night and taking a nap during the day will help you feel less tired. Have someone available at home to help as needed.

Nausea, vomiting, and dizziness may be experienced for 24 hours after the surgery. You may obtain anti-nausea medication at any pharmacy without a prescription, i.e. Gravol (suppository or pill) or Bonamine (chewable) to relieve these symptoms.

You may experience incisional discomfort. Shoulder discomfort is common from the air that is put in the abdomen during the surgery. Lying flat will help. Take the prescribed pain medication as needed.

Limit your activity the first couple of days. Avoid any heavy lifting or heavy housework for a week.

Try and keep your bowels soft to avoid any straining. Eat high fiber foods, such as whole grain breads, fresh fruits and vegetables. If necessary, use a mild laxative.

You may shower starting the day after the surgery. Apply a clean bandaid(s) after your shower. After the third day, no bandaid(s) are required.

After the Procedure

The stitches will dissolve on their own. If you have moistness at the incision sites, clean them with peroxide or an alcohol solution 3-4 times a day. It is common to have a little redness at the incision sites for a few days after the procedure.

There may be some vaginal spotting for up to 2-3 days. No sexual intercourse until the spotting stops for 24 hours, then whenever you feel comfortable.



Call your Surgeon or Come to the nearest Emergency Department if you experience:

- Increased pain not relieved by the prescribed medication
- Any bleeding or discharge from the incision sites
- Unable to pass urine, or a feeling of fullness in the bladder
- Unusual cough, shortness of breath or chest pain
- Leg tenderness, redness or swelling in the calf

Appointment

Call your Surgeon's office to arrange a follow-up appointment.

Special Instructions

Questions?

Developed By: Surgical Services, 2003

Approved By: Department of Gynecology, Quinte Health Care

Reviewed: July, 2008