

POST-OPERATIVE INSTRUCTIONS FOR LAPAROSCOPIC TUBAL LIGATION or LAPAROSCOPY

- You should be up and move freely. Gradually increase your activities over 48 hours. You may resume all normal activities after 48 hours: intercourse, exercise.
- You may climb stairs.
- Do not drive until you can do so without discomfort and without using pain medication.
- You may shower or use a tub bath.
- You may eat and drink as tolerated.
- Increase fiber and fluids if constipated. If needed a stool softener (Surfak, Colace, or generic equivalent) may be taken by mouth as directed. It is common for the narcotic pain medication to cause constipation. If you have not had a bowel movement in 2-3 days, you may use Miralax, Milk of Magnesia, or Senokot. Do not use Correctol or Ex-Lax.
- Take a multivitamin with zinc and a bowel pro-biotic daily for 6 weeks after your surgery to promote proper healing.
- The incisions are covered with Dermabond skin glue. This is waterproof and will gradually wear off. Try not to pick at it.
- You may experience shoulder or rib cage pain, especially on the right side. This is due to diaphragm irritation caused by CO2 gas used during laparoscopic procedures. This normally will resolve within 24-48 hours.

PRECAUTIONS

- Contact the office if you experience fever of 101 degrees or higher; chills, nausea

unrelieved by Zofran, vomiting, pain unrelieved by using 2 pain pills every 3-4 hours, vaginal bleeding heavier than a period, or foul smelling discharge.

- You may have some mild vaginal bleeding. Abstain from intercourse until this stops (usually within 24 hours).
- Contact the office if you experience any urinary frequency, urgency, or burning which does not respond to increasing fluids, cranberry juice, and non-prescription bladder medicine such as AZO.
- Contact the office if you have any chest pain, shortness of breath, pain in the calves or legs, or redness, drainage, or separation of the incisions.
- A post-operative appointment should have been scheduled prior to you being discharged from the hospital. Usually at the 2 week point. If you do not have an appointment, please call the office.

OFFICE PHONE ANSWERED 24 HOURS: 325.690.0620