

OB/GYN CENTER
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Laparoscopic Tubal Ligation Discharge Instructions

LAPAROSCOPIC SURGERY

1. Your throat may feel sore if you had general anesthesia; this is caused by the tube which is placed in the trachea during the procedure. You may use throat lozenges if you desire.
2. You will have two or more small incision on your abdomen. The stitches are usually located under the skin and will be absorbed in time. They do not need to be removed. If a visible stitch is placed through the skin edges, it will be removed at the time of your two week postoperative check.

Your incision may be tender. If bandages have been placed, remove them two days after surgery. If Steri-Strips have been placed, remove them one week after surgery. It is not a problem if they fall off before this time. They are waterproof. You may clean your incisions with water or peroxide as needed.
3. You may shower or bathe as desired.
4. You may eat or drink as usual. You may want to eat easy to digest foods in the first 24 hours after surgery.
5. You may have shoulder or neck pain after the procedure. This is caused by the gas used to inflate your abdomen in surgery and is normal. It will resolve spontaneously.
6. You may resume intercourse when you are ready.
7. You may feel quite tired from the anesthesia for several days after your surgery.
8. You should notify the doctor if you have constant, severe abdominal pain, persistent fevers over 101 degrees, persistent nausea or vomiting, or heavy bleeding.
9. You may take Tylenol, Extra Strength Tylenol, or Advil (ibuprofen) as needed for postoperative pain. A mild narcotic pain reliever may be prescribed for the first few days after surgery.

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