

# HENDERSON & WALTON

## WOMEN'S CENTER, P.C.

### TUBAL LIGATION

### DISCHARGE INSTRUCTIONS

#### **GENERAL:**

This procedure does not require hospitalization and is done on an outpatient basis. Most women are ready to go home 2-4 hours following the procedure and will need someone to drive. Once discharged, it is recommended that you remain fairly quiet for 24 hours. Some women may experience some discomfort following the procedure which includes, pain around incision, nausea, shoulder pain, scratchy throat, gas, or abdominal swelling. Most of these symptoms will usually go away within a few days.

#### **PAIN MANAGEMENT:**

To control your pain, you will be given the following medications:

Lortab 5	Take one tablet every 4-6 hrs as needed for pain
Motrin 800mg	Take one tablet every 8 hrs as needed for pain

If you have a drug allergy or sensitivity to one of the above medications, please let your physician know. It is advised that patients take prescription medications only as directed by their physician. Non-prescription anesthetic lozenges or gargles (i.e. chloraseptic) are recommended for any patients that have a sore throat. **If you experience abdominal distension (increased swelling), temperature greater than 101, or concerns with severe pain or signs of infections such as redness or discolored drainage, please notify your physician.**

#### **DIET:**

You may resume a normal diet as soon as it can be tolerated. In the days following your surgery you should try to increase your intake of fluids, especially water and avoid the use of alcohol with prescribed pain medications.

#### **CONSTIPATION:**

There should not be a problem with constipation due to surgery or pain medication if you eat a well balanced diet. Here are some things that you can do to help prevent this uncomfortable problem.

1. Include roughage in your diet: fruits and vegetables-especially prunes, lettuce and celery. Increasing dietary fiber such as bran cereals can also help.
2. Drink water daily.
3. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

**ACTIVITY:**

To help with your recovery, it is recommended that you get up and walk the night of your surgery. No lifting greater than 10 lbs for 1 week. It is recommended that you not drive or operate any kind of equipment for 3-4 days or while you are taking prescribed pain medications. The average time to return to work is 4-7 days. Most patients are able to resume their normal activities at one week.

**BATHING:**

Please take showers only the first week following surgery. After the first week, you may shower or take a bath in a tub.

**SEXUAL INTERCOURSE:**

This may resume after 5-7 days.

**RETURN APPOINTMENT:**

It is recommended that you schedule a return appointment with your physician within 5-7 days from procedure. If you have any problems or questions prior to this appointment, please do not hesitate to contact our office at 930-1800.