



TUBAL LIGATION SURGERY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



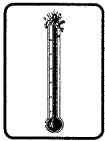
ACTIVITIES

Get plenty of rest. You may tire easily. Do not lift over 5-10 pounds for one week. Return to work when you feel like it.



SPECIAL CARE NEEDED

Remove bandaid tomorrow. You may take a shower or sponge bath right away. You may take tub baths in a week. You may have shoulder or upper stomach pain, a common side effect related to air used to inflate your abdomen for the surgery. It should go away in a few days. Walking will help this feel better. No sex, tampons or douches until after your follow-up appointment.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath