

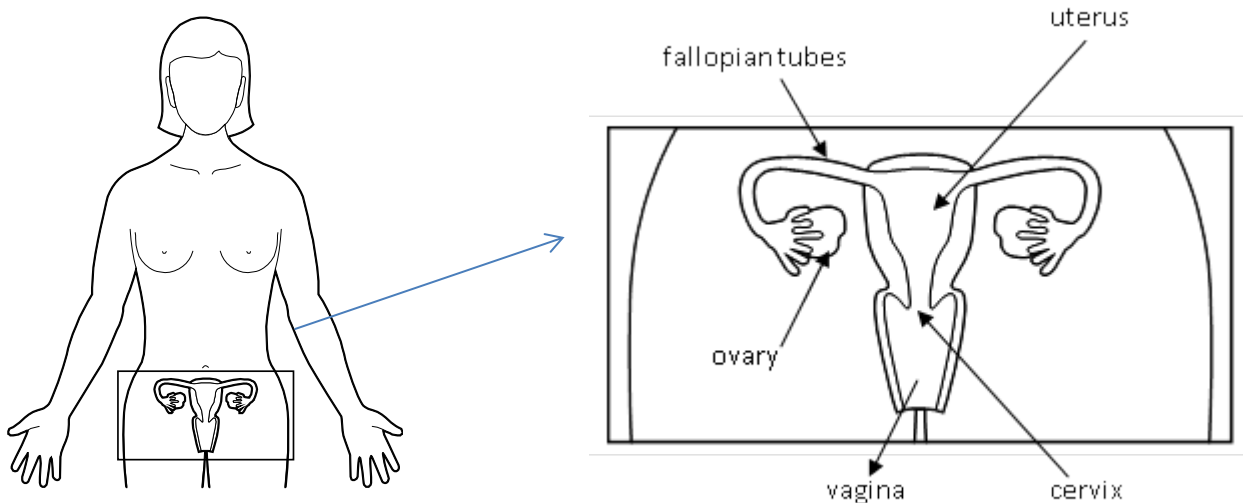
Laparoscopic tubal sterilization

What is laparoscopic tubal sterilization?

Surgery to block the fallopian tubes. When the tubes are blocked, sperm cannot pass through the tubes to fertilize the egg. This is a permanent way to prevent pregnancy.

There will be 2 small incisions, one just below your belly button and another above your pubic bone. The incisions are for the surgeon to insert a thin tube-like instrument with a light and camera (laparoscope). Also, for gas (CO₂) to be put into your abdomen which helps expand the area so your surgeon can see everything up on a monitor.

The surgeon will either put a band or clip on each tube or close the tube with heat (cauterization).



Benefits of laparoscopic surgery

- No large incision in the abdomen making your recovery time much shorter.
- Less blood loss during surgery.
- Less risk of infection and/or developing adhesions (when tissues and organs stick together).
- You can return to your normal diet sooner.
- Usually less pain.

Incision care

- You may shower 24 hours after surgery, then remove the outer dressings.
- The incisions are covered with steri-strips (small white tape). Keep the steri-strips on for 5 to 7 days and then remove.
- Make sure to keep incisions clean and dry.
- Do not soak in a tub/hot tub or swim until incisions are fully healed or when your surgeon advises.
- Watch for signs of infection such as worsening redness, discharge, pain or fever.

Pain

You may experience cramps and pain. Sometimes the gas left in the abdomen after surgery may cause discomfort in the abdomen and up into the shoulders.

Ways to relieve this pain include:

- Taking your pain medication as prescribed by your doctor
- Walking and moving around with frequent rest periods
- Applying heat such as using a heating pad, heat pack or warm blanket
- Doing deep breathing and relaxation exercises

Bleeding

You may have some irregular vaginal bleeding/spotting or discharge for up to 6 weeks. It can take up to 3 months before your period returns to normal. If you are bleeding heavily (soaking a regular maxi put on all pad in 1 to 2 hours) or passing large clots (size of an egg) please contact your surgeon and seek medical attention.

Personal care

You can usually resume sexual activities and the use of tampons 2 weeks after surgery. Please clarify with your surgeon.

Activity

You may return to your usual activities the day after surgery if you are feeling up to it.

Follow-up appointment

You will be given information about a follow-up appointment before you go home.