



Aspen Medical Group, Inc.

www.aspenmedgroup.com

AFTER SURGERY INSTRUCTIONS
LAPAROSCOPIC BILATERAL TUBAL LIGATION

You have been scheduled for a LAPAROSCOPIC BILATERAL TUBAL LIGATION as an outpatient basis. You will be admitted into the hospital or surgi-center on the morning of surgery, have surgery, and will be released the same day. The following information should help you in making your surgery experience easier. Please read and feel free to call our office if you have any questions or concerns regarding your surgery.

There will be two very small incisions – one around the lower half of your belly button and one in the upper pubic hair region. A tiny little stitch or thread may be visible from these incisions. They will be removed at your TWO WEEK POST-OP APPOINTMENT. It is important that you keep these two areas clean and dry.

You may take a shower or bath the day following your surgery. Remember to towel dry the incision area well, keeping it CLEAN AND DRY.

For most women, this surgery causes little pain or discomfort so that within 1-2 days you may be back to regular activities. It is okay to take Tylenol for any pain you may have.

You are protected from becoming pregnant right away if you had a normal surgery with no complications. It is generally safe to have intercourse in 4-5 days.

For breastfeeding moms, we recommend that you pump and store your milk the day before surgery. Any milk pumped AFTER having surgery should be discarded. By the following day it is generally safe to resume breastfeeding.

Remember that our staff is available to assist you in anything regarding your surgery. If you have any questions or concerns, our providers are available to discuss them. Our front office staff will be happy to discuss your concerns as well as assist you regarding your scheduling or insurance questions.