

Laparoscopy, Laparoscopic Sterilization, and Pelviscopy

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

- Laparoscopy:** Your surgeon will use a laparoscope (thin, lighted tube) to look the organs in your abdomen, pelvis or both.
- Sterilization** (also known as a tubal ligation, or “getting your tubes tied”): Your surgeon can close your fallopian tubes so you can’t get pregnant.
- Pelviscopy:** Your surgeon will use a laparoscope to look at the organs in your pelvis.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.

Your Incision

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.

What To Expect After Surgery

The following surgery side effects are normal and should not cause you worry:

- aches and pains around the incision site (The doctor will give you a prescription for pain medicine.)
- aches in your shoulders and upper chest likely caused from gas used during surgery (You can expect to feel these aches for up to 48 hours.)
- a burning feeling when you urinate the first time after the surgery
- slight oozing of blood or watery discharge from the incision
- bruising on your abdomen
- puffy feeling in your abdomen for 1 to 2 weeks
- slight vaginal bleeding.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

(over)

Activity

- Stay quiet for the rest of today.
- Follow your health care provider's directions for how much you can safely lift.
- Your health care provider will tell you when it's OK for you to shower, drive, return to work and have sex.
- Use pads for vaginal bleeding.
- Do not use tampons or douches.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your doctor gave you.
- Drink more fluids.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you have:

- a temperature of 101 F or higher
- any of these at your incision:
 - red
 - more tender
 - increased drainage
 - signs of infection: pain, swelling redness, odor, warmth, green or yellow discharge)
- bad-smelling or greenish vaginal discharge
- nausea (upset stomach) and vomiting that will not stop
- unable to urinate
- any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.