

# Tubal Ligation

## Care After

These instructions give you information on caring for yourself after your procedure. Your doctor may also give you more specific instructions. Call your doctor if you have any problems or questions after your procedure.

### HOME CARE

- Only take showers for the first week. **Do not** take baths.
- Always wipe from front to back after going to the restroom.
- Change any bandages (*dressings*) as told by your doctor.
- **Do not** have sex (*intercourse*) or douche for 1 week or as told by your doctor.
- **Do not** lift anything heavy for 1 week or as told by your doctor.
- **Do not** drive for 24 hours.
- **Do not** drink alcohol for 24 hours.
- Keep all follow-up visits.

### What to expect:

- A small amount of bleeding or spotting from the vagina for 1 week is normal.
- A small amount of bloody fluid from the surgical cut (*incision*) is normal.
- Mild cramps for 2 to 3 days.
- You may feel sick to your stomach (*nauseous*). Try drinking tea or eating toast or crackers.
- You should be able to return to work in about 1 week.
- Your period should start in 4 to 6 weeks.

### GET HELP RIGHT AWAY IF:

- There is a large amount of bleeding from your surgical cut.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have pain or tenderness in your lower belly (*abdomen*).
- You have any unusual bleeding between menstrual periods.

### MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you are not doing well or get worse.

