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Postpartum Tubal Procedure Information **What to expect, precautions and instructions**

Key features of the postpartum tubal ligation for sterilization:

1. It should be considered permanent
2. It has a failure rate of 1/300
3. You may develop heavier or crampier periods thereafter
4. If you are one of the rare people who do get pregnant after a tubal ligation, you have a higher chance of having an ectopic pregnancy, which is an emergency.

What to expect after:

1. You will have an incision under the belly button.
2. There may be some bruising, soreness.
3. You may feel some shoulder pressure for about 4 days due to the resolving gas under your diaphragm which was used for the laparoscopy.

What to do during recovery:

1. Your best recovery will occur when you rest at for a few days, alternating short periods of rest and activity.
2. Keep your stool soft.
3. Use the pain medicine as prescribed.
4. You may shower but not soak until the incision is a bit healed. You will be examined at your post op appointment to see when it is ok to soak.
5. You can eat any food you desire, though it should be healthy and conducive to a soft normal stool.
6. You can expect vaginal discharge or bleeding to diminish gradually over the next month.
7. Do **not** have intercourse until we confirm that healing is normal at your 6 week post partum visit.
8. You should **not** lift anything greater than the baby for the first two weeks.

Precautions:

Please call the office if you have a fever, chills, nausea, vomiting, diarrhea, uncontrolled pain, heavy bleeding, incision separation discharge or spreading redness or any problems.

