

# Discharge advice for patients having had laparoscopic sterilisation

## Gynaecology Department

### Patient Information Leaflet

#### Introduction

The nursing staff wish you a speedy recovery following your operation, and listed below is some advice we feel you may find useful. However, please remember that everyone is individual and recovers differently following surgery – it is quite normal to feel tired and weak for several days, but if this persists, please contact your general practitioner (GP).

#### Pain

You may experience period-type cramping in your lower abdomen or shoulder-tip pain after your operation. You may be prescribed some pain relief to take home. If you are not given any pain relief on discharge, please use over the counter painkillers, such as paracetamol or ibuprofen-based products. Take care to read the instructions on the bottle and only take the prescribed amount.

Wind pain is a common problem experienced by women following a laparoscopy, due to the gas put into the abdomen. The use of a heat pack or drinking peppermint tea can help, along with keeping mobile.

If your pain is excessive or your painkillers do not relieve your pain, please contact your GP.

## Wound care

You have non-dissolvable / dissolvable stitches. These should be removed on:

.....

If dissolvable, they will take approximately 10 to 14 days to dissolve. Keep the dressings dry and intact for 48 hours. Some oozing from the wounds may be noted for the first 24 hours after your operation, and a dry dressing may need to be applied.

After this, you can bathe or shower as normal. It does not matter if you get the sutures wet. However, please ensure that you dry the wounds thoroughly with a clean towel afterwards. Always make sure you wash your hands before and after caring for your wounds. If you are concerned about your wounds (eg if oozing continues and / or the areas become red, inflamed or smelly) please see your practice nurse.

## Will I have a scar?

The incisions made are very small and the scars will barely be visible after a few months.

## Vaginal bleeding

You may notice some slight bleeding for a few days. If this becomes heavy or unpleasant smelling, please see your GP.

Do not use tampons during this period, only sanitary towels. Tampons may increase your risk of developing a mild infection.

## What arrangements should I make for going home?

The operation is usually performed as a day case, therefore you should make arrangements for someone to pick you up from hospital and stay with you overnight.

## Sex and contraception

Do not resume having sexual intercourse until any vaginal bleeding has stopped and you feel ready and comfortable to do so. It is important that you use contraception until your next normal period.

Sterilisation does not protect against sexually transmitted infections (STIs), so you may need to use condoms.

## When can I expect a period?

Every woman is different regarding how soon after the operation to expect a period, however sometime in the next four to six weeks is considered usual. Often this first period may be heavier or lighter than normal, but should return to normal within two to three months. If you have not had a period within six to eight weeks, please contact your GP or hospital.

## Retained tissue

Routine laparoscopic tubal sterilisation procedure does not normally involve retaining any tissue. In case of removal of the tubes or tissue obtained for another reason at the time of your operation, this would be sent for examination and you would be informed if this has occurred and of any results. Following investigation, the tissue will be disposed of in accordance with health and safety. Only with your prior permission would tissue be used for research or teaching purposes as part of an ethically approved study.

## Returning to work

You will need at least 48 hours off work. Everyone is different, but the average time off work is around one week. A sick note will be given to you prior to discharge if required. You can self-certify for seven days. It is normal to feel tired for a few days after your operation and you may need to rest.

## Exercise and lifting

Avoid heavy lifting, housework and strenuous activity for seven days. After this time, you should be able to ease yourself gently back into exercise. You must not go swimming until your wounds have healed and until any vaginal discharge has stopped.

## Driving

It is advised that you do not drive for 48 hours following a general anaesthetic. Your reactions will be dulled, so you should avoid doing anything important that requires a lot of concentration.

## Follow up

Follow up will be sent in the post to you for.....time

It has been made for .....at.....am/pm

## Further information

If you have any other queries, or if there is anything you do not understand, please do not hesitate to ask a member of staff prior to discharge. Once again, the staff of B5 would like to wish you a speedy recovery.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

**Ward B5 on 01384 244359**

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/obstetrics-and-gynaecology/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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