

**DISCHARGE INSTRUCTIONS**  
***AFTER YOUR LAPAROSCOPIC STERILIZATION***

Dr. Peter Wilbanks  
(804) 288-4084

1. You may resume your usual diet once the nausea resolves. Initially, try sips of warm fluids and a bland diet.
2. Avoid heavy lifting and straining. Gradually increase your activity. First, try walking and doing light activity around the house. Resume your normal habits if no significant discomfort or bleeding develops. Most women can return to work within 2-7 days after this procedure.
3. Sexual intercourse can be resumed as soon as desired provided the discomfort following surgery has subsided.
4. You may take showers or tub baths. It is also safe to swim or use hot tubs once you feel up to it.
5. Some lower abdominal cramping typically occurs after this procedure. Tylenol, Motrin or your prescribed pain medication should relieve this discomfort. You should notice steady improvement in the pain over the next day or so. It is also not unusual to experience some discomfort under your ribs or to notice neck or shoulder soreness. This is due to gas used during the surgery to help the physicians see your pelvic organs. The gas is reabsorbed over a 24 hour course.
6. It is not unusual to have vaginal spotting lasting 2-3 days. It is difficult to predict when your next menstrual period will occur as your body has undergone a major stress. Your period should regulate itself within the first 6 weeks post-op.
7. A bruise may appear around the incision and will gradually resolve as it heals.
8. The suture used to close the incision may be visible above the skin. If so, it will be removed at your office visit. However, frequently sutures are placed below the skin and will reabsorb on their own. There will be no need for removal.
9. Call the office at (804) 288-4084 to report any of the following problems: Abdominal pain that is increasing in severity, heavy vaginal bleeding, drainage or separation of your incision site, temperature greater than 100.4 or persistent nausea and vomiting.
10. You should be seen in the office following your surgery. Call for an appointment if this has not already been arranged. At this appointment, the findings noted at the time of your procedure will be discussed.
11. You may remove the dressing from your incision after 12 hours.
12. Don't drive the day of surgery or while taking narcotic pain medications.
13. Do not drink alcoholic beverages for the next 24 hours or while taking narcotic medications.
14. Do not make any important decisions or sign important papers for 24 hours.

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Patient/Representative Signature

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MD/Nurse Signature

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Date