

**HOME CARE INSTRUCTIONS FOLLOWING
DIAGNOSTIC LAPAROSCOPY/LAPAROSCOPIC
TUBAL STERILIZATION**

Page 1 of 2

Date: _____

ACTIVITY

1. Resume daily activities when able. This may require 1-2 days rest. Use common sense about increasing activity.
2. Avoid heavy lifting or straining for one week.
3. Return to work when ready - usually 2-5 days.
4. If on birth control pills, finish the cycle you are on.

SURGICAL SITE CARE

1. Watch for severe pain, excessive bleeding, passing clots or fever over 101 degrees.
2. No tampons, douching or intercourse until vaginal bleeding has stopped (1-2 weeks).
3. Band-aids may be removed in one day. If you have steri-strips, they come off in 4-6 days. If you have stitches, they will dissolve.
4. May shower - be careful getting in and out.
5. You may have had a catheter inserted into your bladder for this procedure. As a result, you may experience some burning when you urinate.

COMFORT

1. You may need to use prescription pain medicine regularly at first, then only as needed. If not comfortable with medication, contact your doctor. If nausea occurs, take food 1/2 hour before taking medication. If nausea persists or rash occurs, stop taking medication and call your doctor.
2. For milder discomfort, use over-the-counter pain medication.
3. You may have some chest and shoulder pain later today. This is normal. Lying down should help.

MEDICATION

1. New medications:

2. Last dose of pain medication:

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - while taking prescription pain medication.
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways and when showering.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.





Wausau, WI

715.847.2121 ~ 800.283.2881

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Page 2 of 2

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3. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

Aspirus Day Surgery Plus

Open 6:00 a.m.-7:00 p.m. / Monday - Friday

Phone: 847-2907

DIET

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If **vomiting** persists, call your doctor.

RETURN APPOINTMENT

DR:

WHEN TO CALL

If any of the following symptoms occur: SEVERE PAIN, REDNESS OR INCREASING DRAINAGE AT SURGICAL SITE, EXCESSIVE BLEEDING (SATURATING MORE THAN ONE PAD/HOUR), FEVER (101° OR ABOVE), PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERN ABOUT YOUR RECOVERY.

DATE/TIME:

WHO TO CALL

DR.

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

PHONE:

AFTER HOURS #:

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time