

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Lake of the Woods District Hospital
21 Sylvan Street
Kenora, Ontario
P9N 3W7
Telephone (807)468-9861 Fax (807)468-3939

**DISCHARGE
INSTRUCTIONS
FOR
TUBAL LIGATION**

1. Eat lightly for the first few meals after your surgery and progress as able to tolerate.
2. Drink plenty of fluids until your appetite returns to normal. You should then consume a diet high in protein to promote tissue building and healing (unless on a restricted or special diet).
3. Increase the fluid and fiber in your diet to help your bowels move.
4. Be aware that nausea and dizziness are not unusual for several hours after anesthetic.
5. Take it easy for a few days following your surgery. You may tire easily, so resume activities only as tolerated.
6. You may shower starting in 1 to 2 days but avoid tub bathing until steri-strips are removed or for one week after your surgery. When showering, avoid saturating incision(s) with water. Pat incisions dry. Avoid use of soaps, powders and lotions.
7. You may have dissolvable sutures. If you have steri-strips, remove them in one week or as directed by your doctor.
8. You may leave your incision exposed to air or cover with a light dressing for comfort.
9. You may have a small amount of red or pinkish vaginal flow which will gradually subside.
10. Resume medications as on at home unless otherwise advised.
11. Take your prescribed pain medication as directed (every 4 hours, if needed) for discomfort.
12. Discuss when you will be able to return to work with your physician.
13. Do not lift anything heavier than 10 pounds (6 kg) until you have been seen by your doctor.

14. **If you have been given sedation (intravenous medication):** Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice drowsiness during the remainder of the day. For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

15. Notify your doctor or come to Emergency if any of the following occur:

- Excessive drowsiness
- Excessive pain, not controlled by pain medication
- Unusual bleeding from incision or vagina
- Redness, swelling or drainage of pus from incision
- Elevated temperature over 100F (38C)
- Faintness or dizziness
- Unusual cough or shortness of breath
- Persistent nausea or vomiting

16. Make an appointment to see Dr. _____
in _____ Phone number _____

**** If you have any questions do not hesitate to call your doctor ****

Special Instructions: _____

