



Patient Education

Laparoscopic Tubal Sterilization -- LTS

Dear Patient:

Your doctor has scheduled you to have a laparoscopic tubal sterilization (LTS). This surgery is done through one small incision in your belly button, and makes you sterile or unable to become pregnant.

Before Your Surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.)
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Your doctor or a nurse anesthetist will visit with you regarding the anesthesia you will receive during your surgery. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started in the Same Day Surgery area.
- ❖ You will be taken to surgery about ½ hour prior to surgery.

During Your Surgery

The surgery takes about 20 - 30 minutes. You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. When your doctor is ready, the anesthetist will give medication through your IV which makes you sleep through the surgery. After you are asleep, your doctor will make one small incision in your belly button. Your doctor will then insert an instrument through the incision through which he can cauterize (burn) and cut part of each fallopian tube.

You will go to the recovery room to awaken from the anesthesia. You will be monitored in the recovery room for approximately 1 hour.

After Your Surgery

- ❖ You will be taken back to your room for further monitoring for a short time.
- ❖ During this time you will be provided with water to drink and assisted to the bathroom. Please press your call light and ask for assistance when getting up.
- ❖ Since you may still be drowsy from the anesthesia, you will be encouraged to cough and deep breath to help keep your lungs clear.

Pain/Medications: You can request pain medication which your doctor has ordered. You can also support your abdomen with a small pillow when getting out of bed or walking. Your doctor may also order antibiotics to be given through your IV.

Diet: You will be given water to drink after your surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin eating a normal, well-balanced diet. You should avoid food that might make you constipated and cause you to strain to have a bowel movement.

Dismissal: You will need to have someone drive you home from the hospital. Please remember that you may feel sleepy/tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

After Your Dismissal

Activity: You will need to rest for the remainder of the surgery day. You can resume normal activities within 24 - 48 hours. **DO NOT** drive or sign legal documents for 24 hours after your surgery. The bandaid may be removed the evening of surgery or the next day.

Pain: Your stomach may be sore for a couple of days. You may notice some bruising on the lower abdomen. A non-aspirin pain reliever, such as Tylenol or Ibuprofen, can be used for any pain. Over the next few days you may have some abdominal and/or right shoulder pain. This is from the carbon dioxide gas used during surgery to inflate your abdomen so your doctor can easily see through the scopes. Walking, changing positions, and using a heating pad will help decrease this pain.

Infection: If you have any of the following, call your doctor.

- ☹ Redness or swelling around the incision
- ☹ Temperature above 101°
- ☹ Chills or other flu like symptoms
- ☹ Slow steady bleeding or any foul smelling drainage from your incisions
- ☹ Severe pain in the abdomen or anywhere in the body not relieved by pain medication
- ☹ Persistent nausea and vomiting
- ☹ Chest pain, trouble breathing, or difficulty urinating

Please refer to your dismissal instruction sheet for further instructions.