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POST LAPAROSCOPIC TUBAL COAGULATION INSTRUCTIONS

After your surgery, you may develop a black and blue area below your navel and it will take about three weeks to disappear. There may be a slight to moderate amount of vaginal bleeding from the manipulation of the uterus. You may wear vaginal tampons.

If there is a small amount of bleeding from your incision, don't be alarmed. A small pressure bandage of an ice cube pressed against the incision should stop the bleeding. If it doesn't, please call.

For discomfort – such as in your shoulders or stomach – take two Aspirin or two Tylenol ever 3-4 hours. Mild shoulder pain is common after the procedure because of the carbon monoxide used to distend the abdominal cavity.

You may resume sexual relations at any time. It is probably wise to wait three days after the procedure; however, since there is a slight chance of pregnancy for the first three days after surgery.

You may resume full activities, as you are able to do so. Some women can go dancing the evening of the procedure; others need 2-3 days to recuperate.

Please call the appointment desk for a post-operative appointment three weeks after discharge.