

Patient Information

Post Operative Information for Laparoscopic Sterilisation

A laparoscopy is an operation which allows the surgeon to look inside your abdomen with a special telescope. A small puncture is made to insert a tube which allows gas into the abdomen. This makes a space above the abdominal contents allowing a better view.

You will have two or more incisions made in your abdomen. One will allow the telescope to be passed into your abdomen. The others are to allow the instruments to be passed to manipulate your ovaries and tubes so they can be clearly seen. A clip is then applied to each tube. This gas is removed at the end of the operation, however, a small amount may cause some discomfort in your abdomen and shoulders, but this should ease after 24 hours. Photographs of any unusual features may be taken for future reference.

After the Operation

For 72 hours after a general anaesthetic you must not:

1. Drive or operate machinery.
2. Drink Alcohol.
3. Make any important decisions or sign contracts as your concentration will be impaired and you may feel drowsy.

Pain

You may experience some discomfort in your abdomen and shoulders which should quickly ease. If you need strong painkillers while you are on the ward you may be advised to stay overnight. When you go home you will be given painkillers to take if necessary. Please follow the instructions carefully.

Bleeding

You may have slight bleeding from the vagina. If this is excessive you should contact your GP who will refer you back to the hospital if necessary.

Hygiene

You may bath or shower as usual following your procedure.

Sexual Activity

Intercourse may be resumed when you feel ready. If you are taking the contraceptive pill, you should continue until the first period after the operation.

Work

You will normally be able to return to work after four to seven days.

Stitches

If you have stitches which dissolve they will not need removing. You may remove your dressings the day after your procedure.

If you have stitches which need to be removed you will be given a link letter by the ward nurse to take to the Practice Nurse at your GPs surgery who will remove your stitches in four to five

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days. Please telephone your GPs surgery to make an appointment with your practise Nurse when you get home from hospital.

If you have any serious concerns following your operation please contact:

1. Your GP or Practice Nurse.
2. NHS Direct on 0845 4647.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

Conquest Hospital

Email: palsh@esht.nhs.uk - Telephone: **01424 758090**

Eastbourne District General Hospital

Email: palse@esht.nhs.uk - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Consultants in Obstetrics and Gynaecology
Paula Smith, Clinical Matron

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Responsible clinician: Paula Smith, Clinical Matron