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## **POST MINI - LAP TUBAL LIGATION HOME INSTRUCTIONS**

FOLLOW YOUR DOCTOR'S ORDERS IF THEY DIFFER FROM THIS SHEET

Activity: Minimal activity for 24 hours, then increase as tolerated.

Pain: Moderate discomfort at site of incision(s) may be present for the first few days

Take pain pills as directed by your physician.

Incision: Keep incision(s) clean and dry for 24 hours or as ordered by your physician.

Change dressing if necessary (if soiled)

Shower preferred to tub bath for 3-4 days

Menstruation: Generally there is no change

You may have bloody discharge for a few days due to mechanics of operation. (Some blood travels down Fallopian Tubes post-operatively.)

Symptoms to Report to the Doctor:

1. Redness, swelling or drainage from wound
2. Continued bloody drainage, foul smelling drainage, or bright red bleeding
3. Severe or unusual pain not relieved by pain medication
4. Nausea or vomiting
5. Fever, chills and/or temperature above 100 degrees.