



Discharge information after Laparoscopic Sterilisation



After-care:

- You can expect some light period-like blood loss for a few days.
- You may experience some soreness/wind-like pain between shoulder blades or chest.
 - Use paracetamol/ibuprofen as needed (alongside any other prescribed medications).
- Resume sexual intercourse when you feel comfortable.
- **Ensure you use contraception until you have had your first period after the procedure.**

Wound care:

- Keep your dressings dry and intact for 48 hours.
- You can remove your dressings after 48 hours. After this you can shower.
- Do not immerse yourself in water (swimming/bathing/jacuzzi) for 2 weeks.
- **Dissolvable stitches:** these will dissolve on their own in the coming weeks – months.
- **Non-dissolvable stitches:** these require removal at your GP practice in 7-10 days unless advised otherwise.
- **Glue:** this will start to come away in 5-10 days.

Things to avoid:

- Tampons/menstrual cups for 4 weeks as they may impair healing and introduce infection – please use sanitary pads instead.
- Any kind of talcum powder, bubble bath or perfumed products until the wounds heal.
- Heavy lifting, strenuous exercise for at least 7 days.
- Driving until you can perform an emergency stop without abdominal pain.

Contact your GP, 111 or the Surgical Hub if you experience:

- Offensive smelling discharge.
- Fever
- Difficulties passing urine.
- Severe or worsening pain.
- Heavy bleeding (outside of 8am – 5pm, attend your nearest A&E).

Exercises to relieve wind-like pain:

- Bend your knees up to your chest, gently roll your knees to either side.
- Lie on your back, knees bent and feet flat. Squeeze your buttocks and press your hips down. Repeat slowly.
- Whilst sitting, rotate your shoulders forwards and backwards.
- Make sure you support your wounds and do not overstretch.

Additional information:

<https://www.nhs.uk/contraception/methods-of-contraception/female-sterilisation/recovery/>

Key Contact numbers

If you have any concerns, you can contact:

Your GP or 111

Gynae ward at UHW (24 hours): **02921 843857**

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510 or 02921 826348**

