

Postoperative instructions

Laparoscopic salpingectomy

Please follow your surgeon's instructions if they differ from the following statements.

Your return home

Dressings

- Remove your primary dressing the next day.
- You may shower after removing your dressing.
- No baths or pools are permitted for four weeks following your surgery.
- Keep the little dressings (Steri-Strips™) directly over your incisions for a full seven days.
- If a little dressing falls off (during shower), no need to replace it.
- If there are stitches, they will dissolve gradually.



Diet :

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- Walking and climbing stairs is permitted.
- Avoid all sports for two weeks.
- Don't lift objects heavier than ten pounds for two weeks.
- Do not drive for seven days after your surgery or longer if you are taking pain medication.
- Abstain from sexual activities or relations for two weeks after your surgery.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Shoulder pain is normal after this surgery and will disappear after 48 to 72 hours.
- Drink prune juice and/or take Metamucil™ if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness and swelling;
- hardening or discharge (other than blood) of the incision;
- foul smelling vaginal discharge;
- heavy vaginal bleeding
- fever and chills;
- an increase in pain;
- pain and heat from the calf;
- vomiting and/or;
- sudden shortness of breath.

Note: It is common for individuals who menstruate to experience an irregular menstrual cycle in the weeks following general anaesthesia

To book your appointment, call your surgeon's office.

The office information was given your discharge instructions.

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