



## ASPEN MEDICAL GROUP, INC.

“Quality Healthcare Specializing in Women’s Health and helping families grow”

4000 14<sup>th</sup> Street, Ste. 401, Riverside, CA 92501 (951) 788-6012 Fax (951) 788-6369  
900 S. Main Street, Ste. 209, Corona, CA 92882 (951) 735-6969 Fax (951) 735-8560  
9041 Magnolia Ave, Ste. 305, Riverside, CA 92503 (951) 343-3477 Fax (951) 343-3486

### **AFTER SURGERY INSTRUCTIONS:** **BILATERAL TUBAL LIGATION**

You have been scheduled for a **LAPAROSCOPIC BILATERAL TUBAL LIGATION** on an out-patient basis. You will be admitted into the Hospital or Surgi-Center on the morning of the surgery, have surgery, and will then be released that **SAME DAY**.

The following information should help in making your surgery experience easier. Please read and feel free to call our office if you have any questions or concerns regarding your surgery.

There will be **TWO VERY SMALL INCISIONS** - one around the lower half of your belly button, and one in the upper pubic hair region. A tiny little stitch or thread may be visible from these incision areas. They will be removed at your **TWO WEEK POST-OP** appointment. It is important that you keep these two areas clean and dry.

You may take a shower or bath the day following your surgery. Remember to towel dry the incision area well, keeping it clean and dry.

For most women, this surgery causes little pain or discomfort so that within 1-2 days, you may be back to regular activities. It is okay to take Tylenol for any pain you may have.

You are protected from becoming pregnant right away and providing that you had normal surgery, with no complications, it is generally safe to have intercourse in 4-5 days.

For breastfeeding moms, we recommend that you pump and store your milk the day before surgery and discard your breast milk after having surgery. By the following day it is generally safe to resume breastfeeding.

Remember that our staff is available to assist you in anything regarding your surgery. If you have any questions or concerns, our providers are available to discuss your concerns. Our front office staff will be happy to discuss your concerns and will be happy to assist you regarding your scheduling or insurance questions.