



**DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC TUBAL LIGATION (LSTL) OR LAPAROSCOPIC EXAM
LINCOLN CENTER PHYSICIANS**

1. **ACTIVITY**-Rest in bed the day you are dismissed from Tallgrass. Decrease your general activities and take rest periods for the next ____ day(s). You may resume normal activities as soon as you are comfortable doing so. No strenuous activity for ____ week(s).
2. **OPERATIVE WOUND**-The sutures holding the small incision will dissolve by themselves in a week to ten days after surgery and will not need to be removed. The incision should be treated as an ordinary skin cut and should be kept dry for three to four days to assure good healing. You may cleanse your incision with soap and water or hydrogen peroxide. If you have staples, they will be removed 2-3 days after surgery in our office.
3. **BATHING**-You may take a shower or wash your hair at any time you desire after you go home provided you do not feel too weak or tired. It is advisable that you take a shower rather than a tub bath for the first week.
4. **PAIN**- Sore abdominal muscles are not unusual following this procedure and you may have discomfort in your upper chest and shoulders. Tylenol or Ibuprofen and a heating pad should resolve this discomfort.
5. **DOUCHING & SEXUAL RELATIONS**-You should not douche, use tampons, or have sexual intercourse for one week after surgery.
6. **CONSTIPATION**-If you re-establish the proper dietary habits, constipation should not be a problem. Six to eight glasses of water daily, some roughage such as lettuce, celery, greens, etc, and adequate amounts of citrus fruits, figs, dates, prunes, or prune juice should help eliminate the problem. Call the office for something stronger if these suggestions prove unsatisfactory.
7. **MEDICATIONS**-Colace may be used if necessary for constipation. You may use TUCKS pads to wipe the vaginal area if desired for comfort and cleanliness.
8. **NUTRITION**-Your diet should be balanced with essential vitamins and minerals. Unless otherwise advised you may eat a regular diet. Adequate amounts of lean meat, fish, poultry, eggs, green and yellow vegetables, citrus fruits, and juices, melon, whole grain bread, cereals, and milk products should help with the healing process.
9. **POST OP APPOINTMENT**-You have an appointment scheduled with _____
on _____ at _____.
10. Call your **PHYSICIAN'S OFFICE AT 233-5101** for any of the following problems:
 1. Bleeding heavier than usual menstrual (period) flow.
 2. A fever over 100.4 or severe chills.
 3. Frequency and burning with urination (emptying your bladder).
 4. A red, hard, tender, or hot area along the leg veins.
 5. Chest pain or any other unexplained sign or symptoms.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.

DESIGNATED CAREGIVER CONSENT

I WILL BE THE DESIGNATED DRIVER OF THIS PATIENT AFTER DISCHARGE FROM TALLGRASS SURGERY CENTER. I AM FULLY AWARE THIS PATIENT NEEDS CAREGIVING ATTENTION FOR THE FIRST 24 HOURS.

X _____
PATIENT/PATIENT FAMILY MEMBER

X _____
REGISTERED NURSE