



Post-Operative Sterilization Instructions

Now that you are being discharged, please remember:

1. You might experience shoulder or abdominal pain which is due to the gas that was used to inflate your abdomen. This should pass in 24 hours.
2. You may have some vaginal bleeding or bloody vaginal discharge.
3. You may take tub baths or showers.
4. You should take it easy for the first week, but you may resume normal activities as you feel ready.
5. **NO** intercourse for 2 weeks.
6. Notify us if you experience any of the following:
 - Chills or fever greater than 101°F or greater on any 2 occasions
 - Severe pelvic or abdominal pain
 - Incisional infection (worsening redness, or heat around the incision)
 - Severe nausea and vomiting
7. Call the office to make an appointment for your 2-4 week check-up.

Above all, please notify us of any problems that arise before we see you again in the office.

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