

Laparoscopic sterilization

These instructions are intended for printing. The instructions contain sections to be filled in.

Sterilization is a method of birth control.

Procedure

The procedure is performed under general anaesthesia using keyhole surgery through two small incisions. The fallopian tubes are blocked with clips or cauterized in the operation, which lasts approximately 30 minutes.

Recovery from the procedure and anaesthesia takes 4–6 hours on average at the ward.

Wound care

The wounds have absorbable sutures, which do not have to be removed. You may shower after 24 hours. Remove the folded bandages on the wounds before showering. You may go to sauna one week after the procedure after the wounds have healed, and swim or bathe after two weeks. Avoid heavy labour during your sick leave. You should avoid intercourse as long as you experience vaginal discharge.

Treatment of pain

Usually, non-prescription painkillers are enough for home treatment. You may experience stabbing pain in your shoulders or in the arch of ribs on your upper abdomen. These feelings disappear within one or two days. Exercise and, if required, painkillers help.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Follow-up visit is not required

Sick leave is 5 days.

Contact us

If you experience inflammatory symptoms (redness, swelling, continuous wound discharge, fever, severe pain) or your vaginal discharge continues over 10 days, you should contact your health Centre or occupational health Centre.

Gynaecological Outpatient Clinic on working days from 14.00–15.00, telephone 06 213 2012

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.