

Laparoscopic sterilization

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 tel. **(06) 323 2012**,

Gynaecological Ward A5 at other times tel. **(06) 323 2092**,

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

Your own health centre or occupational health centre

We wish you happy healing !