

Day Surgery Unit Patient Information



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Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Patient Advice Following a Laparoscopic Sterilisation

This test allows the doctor to look inside your abdominal cavity and involves small cuts being made in your abdomen. Gas is inserted into your abdomen to enable the surgeon to have a better view when the laparoscope (a slender telescopic instrument) is inserted through the cut. This enables the surgeon to identify any abnormalities that may have been causing you problems. The gas is released at the end of the procedure. Stitches may be used to close the cuts.

Wound

It is advisable to keep the wounds clean and dry for the first hours, to promote healing and minimise the risk of infection. The wounds should be kept covered until healed. Appropriate dressings will be given to you as necessary. Observe the wounds for signs of inflammation, swelling, redness or discharge. If you have any concerns, please contact your GP for advice.

After hours, you can wash and shower as normal but avoid soaking the wounds and dressings for long periods. To minimise the risk of irritation to the wounds, avoid the use of strong scented soaps and talcum powder.

Stitches

The wounds have been closed with stitches that do not need to be removed. They normally take between ten and twenty one days to dissolve.

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Pain

Following this procedure you may experience pains in your abdomen and/or shoulders. This could last for 48 hours or more and should then improve. You should take some pain relief as required. Follow the instructions on the packet and do not exceed the recommended daily dose.

Activity

It is natural to feel tired as this is your body's natural reaction to the stress of the procedure. Take it easy for the next couple of days but ensure that you take regular short walks to help the circulation in your legs. You can resume sexual intercourse when you feel comfortable. You must not drive for 24 hours. This is a requirement of the Road Traffic Act.

Seeking Advice

Please contact your GP/ out of hours GP or visit your Emergency Department (within the first 24 hours) if you experience any of the following:

- Discharge of blood or pus from your wound
- Fever above 38.5°C (101°F)
- Persistent vomiting and inability to tolerate oral intake
- Inability to have a bowel movement after four days
- Persistent pain not relieved by your prescribed pain relief
- Persistent abdominal distension (bloating of your tummy)
- Increasing pain or swelling around the wound sites

Further Information and Advice

GP or out of hours GP

NHS Direct

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Dorchester Day Surgery Unit

01305 254501 (day of procedure only)

Weymouth Day Surgery Unit

01305 762664 (day of procedure only)

Easton Day Surgery Unit

01305 254945 (day of procedure only)