

Postoperative care for Tubal Reversal

Immediate postoperative care

After surgery, you will wake up in the recovery room. The nurse will check your blood pressure, pulse and temperature frequently. The nurse will check your dressing and intravenous.

You may experience a bluish vaginal discharge or a blue-green color to your urine after checking for successful tubal reversal.

You may not remember conversations immediately after surgery, which is normal and lasts only a short period

Dr Elzeiny will visit you the day following surgery to inform you about the outcome of surgery and to check that you are fit to be discharged home

Pain management

You will be given a prescription for pain medication at the time of discharge. Take as instructed on the bottle. Pain pills take about 30 minutes to start working after they are swallowed, so take them before the pain starts.

Diet

You must consume only clear liquids (juices, Jelly, or both) until you pass gas or have a bowel movement. At this time, you may begin to advance your diet. Eat light, easily digested food for a few days.

Incision Care

Given the smaller incision site 4-5 cm on the bikini line you are expected to have less pain and quick recovery, and good cosmetic result, you will be sent home with the outer dressing (opside) on, it is water proof and you can have a shower the day following surgery however, do not take a bath for at least five days after surgery. You may remove the dressing after 5 days, your incision is sutured with dissolvable stitches hidden under the skin so there is no need to remove them. There will be small steri strips covering the skin edges, leave them until they fall off by themselves Always keep the incision site dry and clean.

Exercise

No strenuous activity or heavy lifting greater than 4.5 kg for six weeks. This allows the deeper tissues to heal and decreases then chance of developing a hernia.

Sex

You may resume sexual relations two weeks after surgery

Work

If you have a light duty job you can return as soon as you feel up to it so long as you don't do anything that might strain or tear your incision. If you have a heavy job then you will not be able to return until 4 weeks unless your workplace can put you on light duty

Travel

If you plan to travel, please check with Dr Elzeiny prior to surgery if possible. If an emergency arises and you must travel during the first week of surgery, please notify our rooms before you leave.

Pregnancy

After tubal reversal there is a higher risk of an ectopic pregnancy where the pregnancy is retained in the rejoined fallopian tube. So for women who have had a tubal reversal and successfully become pregnant, it is important to contact me very early in the pregnancy once you miss your period for early evaluation and to make sure that early assessment identifies that the pregnancy is indeed in the uterus and not in the fallopian tube.

Follow Up

Please call the rooms' second day post surgery to book for your 6 weeks post operative appointment.

Please Call the rooms if you notice any of the following:

- A yellow or green discharge that is increasing
- A change in the odour of the discharge.
- A change in the size of the incision.
- Redness and hardening of the surrounding area.
- The incision or skin around the incision is hot to the touch.
- Fever more than 24-48 hours post op.
- Increasing or unusual pain.
- Excessive bleeding that has soaked through the dressing.

Please call the office if you have any questions or concerns about your care.