

Laparoscopic Tubal Sterilization (BTL) Fact Sheet

Technique

Procedure involves the laparoscopic removal of the entire fallopian tubes. The surgeon will also visually examine the liver, gallbladder, appendix, and pelvic cavity for any sign of additional pathology.

Incisions

Three small incisions are usually made on the abdomen to complete this procedure. One of these incisions is made within the umbilicus (bellybutton). Additional incisions are 5mm in size and will be made on the lower abdomen.

Operative Time

- Operative times vary greatly depending on the findings at the time of surgery. Your surgeon will proceed with safety as his/her priority.
- Average times range from 15-30 minutes.

Preoperative Care

- Schedule your case to happen immediately after your period.
- Please do not eat anything by mouth after midnight on the day before surgery.

Hospital Stay

Day surgery

Postoperative Care

- These guidelines are intended to give you a general idea of your postoperative course. Since every patient is unique and has a unique procedure, your recovery may differ.
- Pain medicine is usually required for the first several days. We recommend using anti-inflammatory medications such as ibuprofen or naproxen on a schedule, only using opioid pain medicine on an "as needed" basis.
- Driving is allowed once you no longer need opioids for pain.
- If they desire, patients may return to work within 48-72 hours postop. We advise that you do not perform any heavy lifting or strenuous exercise until after the surgeon has seen you.

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