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### **POST OPERATIVE INSTRUCTION SHEET FOR TUBAL/ESSURE REVERSAL**

1. It is not uncommon to experience some vaginal bleeding after the procedure. Please use pads rather than tampons for this postoperative bleeding for the first week.
2. If you have problems with constipation, it is okay to take an over the counter laxative. A Fleets enema may be used after the second post-operative day if no bowel function has occurred.
3. If a temperature greater than 100.4 degrees occurs, please call the office.
4. Do NOT drive while you are taking any narcotic pain medication.
5. You may shower the day after your surgery. Only pat the incision dry, do not rub.
6. Avoid any heavy food consumption or carbonated drinks until bowel functions have returned to normal.
7. Please do NOT exercise until at least 2 weeks following surgery.
8. Do NOT engage in sexual activity/intercourse for FOUR (4) FULL weeks after surgery.
9. Do NOT get pregnant for 3 months following this procedure.
10. It may not be mandatory to have a cesarean section if the reversal was secondary to excising the Essure device, but it is highly recommended that a cesarean section be done rather than to undergo risks associated with labor. The increased intrauterine pressure associated with labor may increase the risk of rupture of the uterus.

**IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE CALL DR. Neef at 817-568-8731.**

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Patient's Signature

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Date