

Post-operation Instructions for Female Sterilization

女性結紮手術後照顧須知(英文)

1. You may take shower but please keep the incision and steri strips dry, do not rub. Steri strips may fall off by themselves/or be removed by your doctor.
2. Any change in the sture wound (redness, swelling, discharge, etc.), increased pain, or body temperature over 100.4 degrees Fahrenheit orally. Do not hesitate to go back to hospital.
3. You may sip water if on nausea, vomiting in the first post-operation day, then take regular diet thereafter.
4. We advise you to rest for two days and avoid heavy lifting in the first week after operation.
5. You can have sexual life when you feel comfortable, which is usually about 1week after surgery.
6. Take medication as instructed by the doctor. If any unusual symptoms occur (nausea, vomiting, skin rash, diarrhea, etc.), discontinue the medications and do not hesitate to go back to hospital.
7. Follow-up exam is scheduled on : _____

I have been informed Post-operation Instructions
for Female Sterilization and fully understood it.

Signed _____ Date _____



高雄市立聯合醫院

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P8800238 95.6.15 本(100 張/本)21x14.8cm