

Tubal Ligation

Tubal ligation surgery or "having your tubes tied"

can be a good way to permanently avoid pregnancy.

It's an option if you're very sure you don't want to have any more biological children.

And that's because it is possible to try to undo a tubal ligation but it doesn't always work.

For almost all women, tubal ligation prevents pregnancy.

But it's important to know that there's a small chance it won't work.

And if you do get pregnant, you could have a tubal pregnancy which can be dangerous.

There are also a few risks from the surgery itself like bleeding, infection, problems from anesthesia or damage to the bowel or blood vessels.

But these risks are rare.

You can have tubal ligation surgery at the time of a birth or separate from a birth.

The surgery prevents pregnancy right away.

It won't affect your desire for sex.

The surgery won't change your periods, and it doesn't cause menopause.

Let's take a look at how it's done.

The surgery can be done in one of several ways.

The goal is to close off your fallopian tubes so that your eggs can no longer be fertilized by sperm.

In laparoscopic surgery, the doctor puts special tools and a lighted tube called a scope through one or two small cuts or incisions.

One incision is in or near your belly button and there may be another one in your lower belly.

You'll probably stay in the hospital for 2 to 4 hours and you'll need 2 to 7 days to heal and fully recover.

In some cases like if you have other health issues the doctor will need to make a bigger incision, and it'll take longer to recover.

If the surgery is done after a vaginal delivery, it's usually done as a mini-laparotomy or "mini-lap"

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within 1 to 2 days after the baby is delivered.

To do this type, the doctor makes one small incision below your belly button.

The amount of time you stay in the hospital probably won't change much.

And at home, you may notice some extra belly pain but it may not affect your routine because you'll be taking it easy as you recover from the birth.

If the surgery is done at the time of a C-section, the doctor will use the same incision that was made to deliver the baby.

He or she will do the surgery right after delivery.

And you probably won't have any change in the length of your hospital stay or your recovery time.

So now you know a bit more about tubal ligation surgery.

And, if you have any questions or concerns, you can always call your care provider.