

# Post-partum Sterilization Surgery



Sterilization is a safe form of birth control. It is permanent, meaning it cannot be undone. When you have the surgery (sterilization) after having your baby, both of the fallopian tubes are taken out. The tubes cannot be put back in the future.

## What will happen if I have a post-partum sterilization surgery?

If you have a vaginal birth:

- You can have the surgery after the birth of your baby, sometimes the same day or up to two days after the baby is born.
- The surgery is done in the operating room.
- A 3-4cm cut (incision) is made above or below the belly button.
- Both fallopian tubes are removed.
- The incision is closed with stitches that dissolve on their own.
- The surgery will take about 30 minutes.

If you have a c-section (cesarean):

- The tubes can be removed after the baby is born.
- You do not need a different surgery (incision).
- The surgery will be about 10 minutes longer when the fallopian tubes are taken

## What is used for pain if I have a post-partum sterilization?

- Epidural or spinal anesthesia is used. This is an injection in the back.
- You are awake for the surgery.
- You might feel pulling or pressure, but should not feel pain.
- Sometimes, we need to use general anesthesia which means you are asleep with a tube to help you breathe, but that is less common.
- You can take Ibuprofen and Tylenol for pain. Some people need something stronger and can take a narcotic medicine.

---

## More Information

### **What are the benefits of post-partum sterilization when both of the fallopian tubes are removed (salpingectomy)?**

- Sterilization by removing the fallopian tubes can prevent pregnancy almost 100% of the time.
- Removing both the tubes is better to prevent pregnancy than old methods like cutting out a piece of the tube or placing clips or bands on the tubes.
- It can reduce your risk of developing ovarian cancer in the future.

### **What are the risks of sterilization with salpingectomy?**

- There is a very small risk of bleeding, infection, and other surgical complications.
- There is a small chance that the surgeon cannot safely remove both tubes. If this happens a portion of each tube may be removed or the surgery may not be done.
- The surgeon will explain exactly what happened and if you need to use something else for birth control.

### **Will removing the fallopian tubes change my periods?**

- Removing the tubes does not change your periods.
- If you have been using hormonal birth control and then stop after removing the tubes, you may notice changes in your periods.

### **What if I decide I want to get pregnant after I have my fallopian tubes removed?**

- This surgery is not reversible. You would need to use IVF (in vitro fertilization) to get pregnant. It costs around \$10,000 and is invasive.
- You should only have sterilization surgery if you are sure you do not want to have more children.

### **What are other birth control choices if I don't want post-partum sterilization?**

- There are lots of birth control options!
- Some birth controls are almost as effective at preventing pregnancy as sterilization.
- There is also a permanent sterilization procedure for men called a vasectomy. Your doctor or midwife can talk to you more about these options at any time.

### **What should I do if I want to have post-partum sterilization?**

- Talk to your provider!
- You may need to sign papers before your due date. Your provider will help you with this.