

Postpartum Tubal Ligation

What is a Postpartum Tubal Ligation?

Postpartum (after delivery) tubal ligation is a surgical procedure to cause permanent sterilization. It is sometimes referred to as “getting your tubes tied.”

During your pregnancy your prenatal healthcare provider has consulted with you about this surgery. We explained the recovery, the risks, the benefits, the failure rate, and the alternatives. You know about other long term contraception methods that are as effective as permanent sterilization, like intrauterine devices (IUD's). You know about Nexplanon®, Depo Provera®, birth control pills, birth control rings, and birth control patches. You know about other permanent sterilization options such as Essure®, vasectomy, and laparoscopic tubal ligation.

When is a Postpartum Tubal Ligation done?

If you have a vaginal delivery, the tubal ligation will usually be performed later that day or the next day.

If you need a Cesarean section, your tubal ligation will be performed at the same time as the Cesarean section. Your recovery will not be any different with or without the tubal ligation.

What to expect at the hospital?

You will be asked to sign a consent form for the tubal ligation (and the cesarean section if applicable).

After delivery, one of the surgeons who perform the tubal ligation will evaluate you. The surgeons will decide, **at that time**, whether or not they will be able to perform the tubal ligation.

What are the reasons why surgeons cannot perform the tubal ligation?

There are a variety of reasons why it would not be possible to do the tubal ligation right after your delivery, including:

- The proper consent form has not been signed at least 30 days prior to the procedure. This applies mainly to Medicaid insurances.
- For patients who are overweight or have a history of prior abdominal surgery, it is often not safe to do a postpartum tubal ligation.
- Sometimes delivery complications like high blood pressure or excessive bleeding make it unsafe to perform a postpartum tubal ligation.
- If the operating rooms are very busy, surgical procedures that are not urgent may be cancelled and scheduled at a future date.

If your tubal ligation is not possible you may choose an alternative form of contraception.

If you have any questions about your plans for a tubal ligation, please share these with your healthcare provider.

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