



## Patient Instructions for Surgery

You are scheduled for: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Surgeon Name: \_\_\_\_\_

Surgery time schedules are subject to change and are not final until 2 p.m. one business day prior to surgery.

### Required Preoperative Testing:

Preoperative Phone Appointment    Date: \_\_\_\_\_    Time: \_\_\_\_\_

Preoperative Clinic Appointment    Date: \_\_\_\_\_    Time: \_\_\_\_\_

- Please bring all current medications, either bottles or a written list with prescription name & dosages.
- Your total appointment time for the clinic visit will take about one to two hours depending on the testing required. Phone appointments are 30-45 minutes.
- Plan to arrive 15 minutes early for clinic visits.
- The pre-op clinic is located in the Lavin Family Pavilion at 259 E. Erie on the 17<sup>th</sup> floor. If you have questions about your pre-op testing please call 312-926-4566.

### **One Week before Surgery**

One week prior to surgery stop taking aspirin, NSAIDS (such as Ibuprofen, Motrin, or Aleve), vitamins, and herbal supplements.

If you take medication daily, please check with your physician for instructions on whether to stop or continue to take them the day of surgery.

### **The Day before Surgery**

#### Pre-operative Diet

We recommend increasing your carbohydrate intake 1-2 days before surgery including pasta, rice, cereals, bread, beans, lentils, milk and fruit.

#### Diet for the night before surgery

#### ***At bedtime, night before surgery***

1. STOP all solid foods
2. Drink 32 ounces (4 cups) Gatorade. Diabetics use low sugar variety. (Gatorade G2)

#### Skin Preparation for Laparoscopy or Open Surgery

Because skin is not sterile, we need to be sure that your abdominal area is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery. You will need to shower with a special soap called chlorhexidine gluconate (CHG). A common brand name for this soap is Hibiclens. The soap may come in a liquid form or in a scrub brush applicator. Either form is acceptable to use. The cleanser is not to be used by people allergic to chlorhexidine.

**Cont.**

- Shower or bathe with CHG the **night before** your surgery and **the morning of** your surgery. Do not shave any body parts or the area of your body where your surgery will be performed.
- With each shower or bath, wash your hair as usual with your normal shampoo. Rinse your hair and body thoroughly after you shampoo your hair to remove the shampoo residue.
- Turn the water off to prevent rinsing the soap off too soon. Then apply 4 oz. of the CHG soap to your body **ONLY FROM THE NECK DOWN**. Do not use CHG near your eyes or ears to avoid permanent injury to those areas. Be sure to include under your armpits, behind your knees, between skin folds, under fingernails and your groin area (where legs meet the body). The soap will not bubble or lather very much, and that is fine. Pay special attention to the area where your surgery will be performed including your belly button.
- Leave soap on your body for 1 minute.
- Wash your body gently for five (5) minutes. Do not scrub your skin too hard. Do not wash with your regular soap after CHG is used. Turn the water back on and rinse your body thoroughly. Pat yourself dry with a clean, soft towel.
- Use only freshly laundered towels and bed sheers, put on freshly laundered clothes after showering.
- Do not apply any lotion, powder, perfume, makeup, nail polish, hair gel, hairspray or deodorant after bathing.

**Bowel Preparation**

Your doctor will instruct you whether a bowel preparation is necessary prior to your surgery, and will recommend which preparation is best for you.

**Confirmation call Day before Surgery:**

The day before your surgery, or on Friday if your surgery is on Monday, a **pre-op nurse will call you between the hours of 2:30 and 6 p.m.** to discuss:

- Arrival time and place, and **estimated** surgery time
- Diet and medication guidelines before your surgery
- Discharge timing or if you require a hospital stay

If you do not receive a call by 6 p.m., missed the call, or would like to talk with the pre-op nurse, please call before 7 p.m.

- Olson Pavilion: **312-926-7937**
- Prentice Women's Hospital: **312-472-0610**

Please be aware that surgery times may change and are not final until 2 p.m. one business day prior to surgery.

**Day of Surgery**

***Three Hours before time of arrival to hospital:***

1. Drink 8 ounces (1 cup) Gatorade/Gatorade G2
  2. With the Gatorade, take acetaminophen (Tylenol) 1,000mg and Ibuprofen (Motrin) 800mg.
  3. After this time, no more intake of liquids or solids
- Your surgery will take place at Olson Pavilion, 710 N. Fairbanks Court on 6<sup>th</sup> floor or Prentice Women's Hospital, at 250 E. Superior on the 6<sup>th</sup> floor. Arrive at the time directed and come up to the 6<sup>th</sup> floor.
  - Do not eat food after midnight; this includes candy, gum, mints etc. You may have plain water, black coffee, tea, apple juice, or Gatorade up to three hours prior to your scheduled ARRIVAL time. All other beverages/drinks are to be avoided after midnight. No milk or cream may be added to your coffee/tea; however sugar and artificial sweeteners are permitted.

- Medication on the day of surgery can be taken with a sip of water that morning.
- Do not shave or mark your skin anywhere near your surgical site.
- Do not wear makeup. Remove all nail polish from fingers and toes.
- All jewelry, including body piercings, must be removed prior to surgery. Leave all jewelry at home. Wear loose and comfortable clothing.
- Please arrive on time. Every effort is made to ensure your surgery begins at the scheduled time; however, your surgery may be delayed as a result of a hospital emergency or because of commonly encountered variations in the length of certain procedures due to unanticipated findings.
- All patients are required to have an escort home after surgery.

### **Parking Information:**

Parking is available for patients and guests in:

**Parking A at 222 E. Huron Street**, across from the Galter and Feinberg pavilions or at 223 E. Superior St., across from Prentice Women's Hospital. *Recommended for patients having surgery at Olson, Prentice, or Same Day Surgery. Recommended for all patients who have a planned hospital admission after their surgery.*

**Parking B located within the facility at 259 E. Erie Street**, valet and self-parking are accessible from the driveways on both Erie and Ontario streets. *Recommended for patients having same day surgery at the Lavin Family Pavilion.*

**Parking C and D –Erie/Ontario at 321 E. Ontario Street between Erie and Ontario streets**, a second-floor bridge connects it to the Lavin Family Pavilion.

Please bring your parking ticket in with you to have it validated. Current parking costs are:

- \$11 for less than seven hours
- \$25 for seven to 24 hours

**Prices are subject to change at any time. Please check current prices at [nm.org](http://www.nm.org)**

### **Additional Information**

If your family members would like hotel discount information, please call 312-926-7666.

If you have questions regarding financial issues, please call our financial counseling team at 800-423-0523.

Please access the following website for information on what to expect before and after surgery, as well as the day of your procedure:<http://www.nm.org/location/northwestern-memorial-hospital/hospital-guide-nmh/patients-visitors-patient-stay-and-care-nmh/surg>

## Postoperative Instructions

### Gynecologic Surgery

#### Activities:

- The most important thing is to use good common sense in planning your activities. If it hurts, don't do it; and don't do anything to the point of exhaustion.
- After minimally invasive procedures, laparoscopy, hysteroscopy, vaginal surgeries, and robotic procedures, you should be up and moving about freely soon after the surgery. Gradually increase your activities.
- You are allowed to climb stairs, but try not to become too tired.
- Avoid heavy lifting, not more than the equivalent of a gallon jug of milk (about 10 pounds).
- Avoid strenuous exercise or sports for 2-6 weeks.
- Do not drive until you can do so without discomfort and without using prescription pain medicine. This can take from 3 to 7 days.
- You may shower and wash your hair.
- No intercourse, douching, or tampons for at least 2 weeks. Longer restrictions (typically six weeks or more) may apply to vaginal surgeries and hysterectomies.
- It can be normal to have a slight vaginal discharge, which may be bloody. Use sanitary pads not tampons.

#### Wound Care:

- You should wear comfortable clothing. Do not wear soiled or tight clothing over the wound.
- Leave any covering of the incision in place for a week unless otherwise instructed or if a significant amount of redness or fluid develops. If you have paper strips of tape (Steri-Strips) on the skin over your incision, leave them on until they fall off. These may offer extra support as your incision heals.
- It is important to keep your incision clean and dry to prevent infection. This will help your incision heal.
- Wash your hands before and after touching your incision.
- Once home, soapy water can run over the incisions. Rinse well. Pat incision dry with a clean towel, rather than rubbing, and you may use a hair dryer to dry your incisions.
- Do not soak the incisions in a tub immediately following surgery.
- Two days after surgery, **RESTART DAILY CHG WASH OF THE INCISIONAL AREA.** Continue for 2 weeks. If no paper tape or other dressing exists over the incision, it is possible that Dermabond was used. In this case, no CHG wash is necessary during the postoperative period. Check with your doctor if you are not sure.
- Do not use lotions, cream or ointments on the wound unless they have been ordered by your doctor.

**Diet and Bowel Functions:**

- You may eat and drink as tolerated. Go easy at first, with clear liquids, soup or broth, and crackers, before progressing to solids.
- Increase fiber and fluids if you get constipated. If needed, a stool softener (such as Surfak Colace, or a generic equivalent) may be purchased and taken by mouth as directed. It is common for narcotic pain medicines to cause constipation. Most patients do not have a bowel movement until 6 days after surgery. If no bowel movement has occurred, you may use Miralax, Milk of Magnesia or Senolot. Do not use Correctol or Ex-Lax.

**Precautions:**

Please contact the office if you:

- Experience fever of 100.4 or higher, chills, vomiting, pain unrelieved by using pain medications, vaginal bleeding heavier than a period, or foul-smelling discharge.
- Experience any difficulty urinating or urinary frequency, urgency, or burning that doesn't respond to increasing fluids, cranberry juice, and nonprescription bladder medicine such as AZO
- Have any chest pain, shortness of breath, dizziness, pain in the calves or legs, or redness, drainage, or separation of the incisions.
- Just aren't sure whether your symptoms are normal. Remember that there is always a doctor on call if needed.

**Follow-up:**

Most patients return for their postoperative check about a week or two after their procedure. If an appointment has not been scheduled for you, call your doctor's office and tell them the date of your surgery and which procedure you had, and they will schedule the follow-up visit.