



Preparing for Your Gynecological Surgery

Welcome

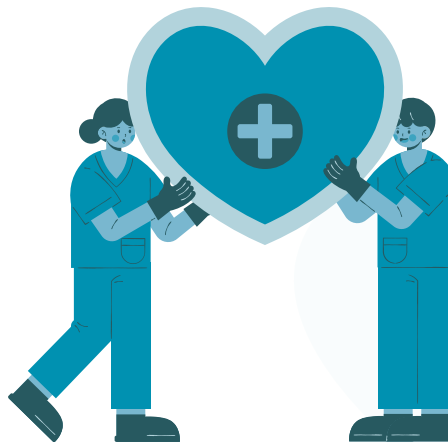
We know that you may have many questions as you prepare for your surgery. This guide will help you know what to expect from the moment your surgery is scheduled through your recovery.

We recommend that you read all this information as soon as you get it and keep it with you throughout your recovery. This booklet is for information only and does not replace the advice of your doctors.

We look forward to caring for you.

Pre-Surgery Checklist

- Complete any pre-admission testing
- Complete hospital registration
- Make a plan for who will drive you home and help you with your care after surgery.
- Ensure you understand financial responsibilities with your surgeon's office and the hospital.
- Arrive 2 hours before your scheduled time.



Before Your Surgery

Medications & Supplements

For your safety, ask your doctor about taking your usual medications. You may be given special instructions about changes to your medications before surgery. Please do not make any changes to your medications on your own. Please bring all the medications and supplements to your pre-op appointment.

Medications & Supplements cont.

It is especially important to talk about any of the following medications/supplements you may take:

- **Blood Thinners**- Some blood thinners might need to be stopped before surgery. Examples of blood thinners are Coumadin, Plavix Xarelto, and Aspirin. If you take a blood thinner, please talk with your surgeon.
- **Blood Pressure Medications**- Some blood pressure medications may need to be stopped before surgery.
- **Diabetes Medications**- We will make sure you know how to take these medicines the night before and day of surgery and what to do if your **blood sugar is low** during this time.
- Pain medications (prescribed and over-the-counter)
- Medications to manage addiction
- Weight loss medications (oral or injectable such as Ozempic, Mounjaro, etc.)
- Vitamin supplements
- Current smoking habits which may increase complications



Pre-Admission Testing (PAT)

To prepare for your surgery, you may be asked to complete pre-admission testing (PAT). This may be done in person or over the phone depending on your surgery. This meeting is to help create the best plan of care with you. Be prepared to discuss your medical history, allergies, surgical history, current medications and any pertinent medical information. Additional testing may be needed such as blood test, urine test, EKG or imaging.

If your surgery is at:

Methodist Hospital - Call 210-575-4400 and select option 1. Ask to schedule Pre-Admission testing. *This must be done within 5 days of your surgery.*

Metropolitan Hospital - The surgery scheduler will give you the date and time of your appointment. If the date does not work for you, call 210-757-2251 and you may reschedule to a time that works best for you. *This must be done within 5 days of your surgery.*

University Hospital/MARC/Robert B. Green - You will receive a call from the Pre-Admission testing center with the Department of Anesthesia to conduct your Pre-Admission interview over the phone. If you have not received a call please contact 210-743-1947 or 210-743-1958.

The Day Before Your Surgery

- Fast. No eating or drinking after midnight the night before your surgery unless you are instructed differently by your surgeon.
- Do not drink alcohol
- Wash and rinse your hair with your normal shampoo and completely rinse off.
- Gently wash your entire body from the chin down for about 3 minutes with chlorhexidine gluconate soap or Hibiclens the night before surgery. This can be found at your local pharmacy. This helps avoid infection after your surgery.
- Pat yourself dry and do not apply lotions or perfumes.
- Do not shave in the area of your body where your surgery will be performed.
- If you develop a cold, persistent cough, sore throat or other illness within two days of the surgery, please notify your surgeon.

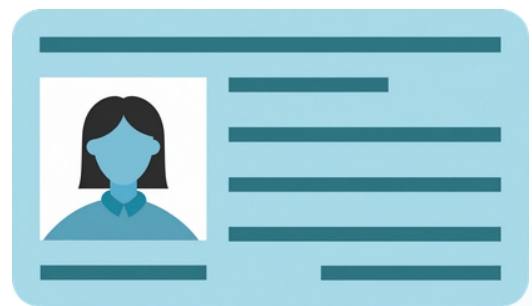
Day of Surgery

On the day of surgery, please report **two hours** prior to your scheduled procedure, unless your surgeon instructs you differently.

- Please leave all the valuables at home.
- You may shower and brush your teeth before coming to the hospital. Do not apply lotions or make up. Wear your hair loose and avoid clips and pins.
- Remove all body piercings.
- Dentures, hearing aids, contact lenses and glasses cannot be worn during your procedure. If you use any of these items, please bring their cases with you for storage or plan to have your family keep them for you.
- On the day of your procedure, be sure to take your daily medications as advised by your physician. If you are diabetic or take medications for your heart, make sure your physician is informed, and you follow the instructions given to you.

What to Bring

- Please bring your ID or driver's license
- Insurance Card
- Credit Card for any payment that may be due
- All medications in their original container, including over-the-counter medications.
- Power of Attorney (if needed)



When You Arrive

Methodist Hospital - 7700 Floyd Curl Drive, San Antonio, TX 78229, 210-575-4000

- Park in Garage #1
- Take elevator to Sub Level 2 (SL2)
- Please check in at the Registration Desk on Sublevel 2, as soon as you arrive and await further instructions.

Metropolitan Hospital - 1310 McCullough Ave, San Antonio, TX 78212

- Park in the garage
- Enter through the main entrance
- Go to registration desk

University Hospital - 4502 Medical Drive, San Antonio TX 78229, 210-743-1948

- Parking is available in the Visitors Parking garage located next to the Women's Children's Hospital.
- Enter the hospital through The Bill Greehey Way Bridge on Level 1- Blue of the Visitor's Garage.
- Take elevator A to the 2nd or 3rd floor.
- Go to Registration Desk.

MARC - 8300 Floyd Curl Drive, San Antonio, TX 78229

- The parking garage is attached to the building and is available for patients to park.
- Enter through the parking garage entrance and report to the 2nd floor.
- Go to registration desk.

Robert B. Green - 903 W. Martin Street, San Antonio, TX 78207

- Parking is available in the front and back of the building and is free.
- Enter through the main entrance and report to the 5th floor.
- Go to registration desk.

Ascension Seton Hays - 6001 Kyle Parkway, Kyle, TX 78640

- *TBD*

Post Surgery

After you have had surgery, your body needs time to heal. As you recover, please follow these instructions and go to your follow-up appointments after your surgery. Your surgeon may provide additional information and instructions.

General Recovery Information and Instructions

What to Expect:

You can expect to have some pain from your surgery. This pain should get better over time. We will work with you for the best plan of care to manage your pain. Although we can't take away your pain completely, managing it will be essential to help you move easily, breathe deeply, and cough effectively.

You may be given 1 or more medications to help control the pain related to your surgery. Most surgical pain can be controlled by alternating Ibuprofen (Motrin or Advil) and acetaminophen (Tylenol) in the first 24-48 hours, then taking these medications only as needed as your pain improves. Depending on the type of surgery you have, your surgeon may prescribe a **prescription narcotic (opioid) medication**. These medications are to treat **moderate to severe pain** when ibuprofen and acetaminophen are not enough to help your pain. These medications can cause constipation. **Do not drive or drink alcohol if you are taking narcotic (opioid) pain medications.**

Please take all prescribed medications as directed.



Post Surgery Cont.

What to Report:

- Fever (temperature of 100.4 or higher)
- Worsening pain or pain not helped by medication
- Burning or pain with urination
- Foul-smelling vaginal discharge
- Redness, drainage, or separation of your incision(s)
- Inability to urinate for more than 8 hours
- Any other symptoms that worry you.
- Vaginal bleeding (soaking more than 1 pad per hour)

Note: Please go to the nearest emergency room and tell your surgeon's team if you feel dizziness, lightheadedness, chest pain, difficulty breathing, or heavy vaginal bleeding

Diet

Generally, there will be no new restrictions on your diet unless specified by your surgeon. You should drink plenty of water (6-8 glasses per day), and include fiber in your diet to help prevent constipation and protein to promote healing.



Post-Op Activities

- Walking soon after surgery is an important part of your recovery. In order to prevent blood clots, infections, promote healing, and speed up your recovery, it is important to continue walking at home 3 or more times a day. You may slowly increase the amount of walking each day as you regain your strength.
- You may shower after surgery once you feel comfortable doing so. We recommend showering daily and keeping your incisions clean and dry. Do not scrub your incisions. Do not take a bath, soak in a tub, or swim for six weeks or until advised by your surgeon.
- Check your incisions daily. Some moisture, itching, or bruising on or near your incisions is normal and should improve with time. Notify your surgeon if you experience redness, swelling, drainage, or worsening pain at your incision sites. Do not apply powders, lotions, alcohol, or ointments to your incision sites. If you have adhesive bandages or skin glue please leave in place and they will fall off on their own. If you have steri-strips that have not fallen off in 7 days on their own, you may remove them slowly. Most stitches do not need to be removed as they will dissolve on their own in about six weeks.
- If sutures were used in the vagina, you will likely experience vaginal discharge and light spotting. The discharge usually stops around eight weeks or after the sutures have dissolved.
- Do not have sexual intercourse, use tampons, douche, or place anything else in the vaginal for 8 weeks or advised by your surgeon.
- You should plan to avoid driving for 1-2 weeks after abdominal or laparoscopic surgery. Do not drive if you feel uncomfortable stepping on the pedals. You may resume driving after stopping narcotic medications.
- Do not lift, push, pull, or carry anything that weighs more than 10 lbs. for 6 weeks or until advised by your surgeon. This may vary depending on the type of surgery.

Your surgeon will make specific recommendations about your recovery and when to resume normal activities.

Post-Operative Follow Up

It is essential that you attend all scheduled postoperative appointments. These visits allow us to monitor your healing progress and ensure you are recovering as expected, so your surgeon can safely clear you to return to work at the appropriate time. Please note that the number of postoperative appointments may vary depending on your surgeon and your individual healing process.

FMLA

We understand that you require time off to recover from your surgical procedure. You may submit your FMLA paperwork at your surgeon's office. Please allow up to five business days for the documents to be completed and faxed. A member of our team will notify you once the paperwork has been sent, and you are welcome to pick up a copy at your convenience.

Contact Information:

 **San Antonio: (210) 233-7000**

Hays county: (512) 268-8900

 **communicaresa.org**

