

Getting Ready for Gynecology Surgery

Date of Surgery: _____

Type of Surgery: _____

Location: _____

Overnight stay: ____ Yes ____ No

Before Surgery

A nurse will call you 2-3 business days before surgery. They will confirm the time of surgery and when to arrive. They will tell you when you can last eat or drink. They will also tell you what medicines to take or not take the morning of surgery. Have a list of all your medicines including supplements.

You will meet with the doctor and anesthesia before your surgery. They will answer any questions you have.

Instructions before surgery:

- Arrange for an adult to drive you home and to stay with you the first night.
- **No** aspirin or NSAIDS (ibuprofen, naproxen) starting 7 days before surgery. Use acetaminophen (Tylenol®) instead.
- **No** herbal supplements starting 7 days before surgery.
- Leave medicines at home unless your doctor asks you to bring them.
- Leave personal items at home.
- **No** alcohol, smoking or other casual drugs for 24 hours before surgery.
- Call your clinic to report any cold, fever or illness.
- **Do not** shave or wax body hair within 2 days of surgery.

- If having a surgery with incisions, follow the skin preparation instructions for the night prior to surgery. If no incisions, you may shower the night before or in the morning. **Do not** use any body lotions, powders, or perfumes after you shower.
- Remove all jewelry, make-up, nail polish and fake nails.
- Remove contact lenses. Wear glasses and bring a labeled glasses case.
- Remove dentures. Let us know if you have loose teeth.

Other specific instructions before surgery:

After Surgery

After surgery you will go to a recovery area for 1-2 hours. After that, you will go to either an outpatient recovery room for about 2 hours or a hospital room if staying the night. If having a same-day surgery, you may need to stay the night if there are any concerns.

A nurse will review your discharge instructions. Some of these include:

- Do not drive a car for at least 24 hours after surgery or while on narcotic pain medicine.
- Pain medicine can make you drowsy.
- Take pain medicine when pain first starts or at scheduled times for pain relief.

Call your clinic if you have any questions.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6033