

Preparation for Gynecologic Surgery

- Stop aspirin, ibuprofen, or naproxen for **7 days** before surgery. If you need a pain reliever use acetaminophen (Tylenol).
- Do not shave or wax the site of your surgery for **5 days** before your surgery.
- Be sure to have a working thermometer at home for after the surgery.
- Shower the night before your surgery and wash your abdomen with the 4% chlorhexidine gluconate soap/sponge that you received at your pre-operative



appointment. This antiseptic wash (Hibiclens) can also be purchased at your local pharmacy/Walmart/Target. The day of surgery your nurse will wipe your skin from neck to groin in the pre-operative area to decrease your risk of infection.

- **DO NOT** eat or drink anything after **MIDNIGHT** the evening before surgery. Do not chew gum, hard candy or cough drops before surgery.
- **DO NOT** smoke before surgery and try to quit at least 4 weeks before surgery to decrease your risk of complications with surgery.
- Tell your doctor if you have ever had a skin or wound infection that was found to be due to MRSA or any bacteria resistant to an antibiotic. Review your medication list and any over the counter medicines, vitamins or supplements you take with your doctor at the pre-operative appointment. You will receive instructions if you should take any of the medications the morning of surgery with a sip of water.
- Bring inhalers with you to the hospital.
- Purchase over the counter pain relievers before your surgery to have at home including



acetaminophen (Tylenol) and ibuprofen (Motrin) . You may take both these medications together after surgery and if needed you may take a prescription pain medication in addition.



- If you are prescribed any narcotic pain medications you should only take them for severe pain and for the shortest amount of time to avoid developing constipation, intestinal upset and tolerance. Narcotic pain medications will not be refilled over the phone or after hours at Essex County OBGYN.
- If you are having a hysterectomy you can expect light red-brown bleeding for 2-4 weeks after surgery as the tissue at the apex of the vagina heals. The bleeding should not soak a maxi pad and if it does you should call your doctor. Purchase pantliners or light flow pads to have at home for the first few weeks.

- You may shower as soon as you go home and allow water/soap to run over incisions to keep them clean and then pat dry.
- After a hysterectomy you should refrain from strenuous exercise, swimming, bathing in tub or sexual intercourse for 6 weeks. Walking daily for at least 30 minutes after surgery is encouraged.
- Purchase over the counter medications to prevent constipation before your surgery and



take the stool softener (Colace)

twice daily to keep stools soft and use



Miralax

if you do not have a bowel movement by day 4 after surgery.

- If you need something stronger to have a bowel movement two options are to use a



suppository such as Dulcolax


or a Fleets




enema.

- If you go home with staples in your incision, make an appointment with your surgeon for your staples to be removed 7-10 days after your surgery was performed.



- Any steri-strips  on incisions should be removed in 7-10 days after your surgery. If they fall off sooner that is okay and keep incision clean with soap and water. **DO NOT** leave the steri strips on longer than 10 days as they will become gray and dirty.



- If you have glue  over your incisions, you may remove with gentle rubbing with warm water and wash cloth 14 days after your surgery if it does not wear off.
- Abdominal bruising after surgery is common and typically resolves within 10-14 days from surgery.
- Call your surgeon if you experience any of the following:
 - Temperature >100.4 degrees
 - Severe nausea or vomiting for longer than 8 hours after surgery
 - Heavy vaginal bleeding soaking a maxi pad in less than 2 hours
 - Profuse or persistent incisional drainage
 - Severe, crushing chest pain
 - Swelling with pain your lower leg