



METROPARTNERS OBGYN

PREMIER WOMEN'S
HEALTH
OF MINNESOTA

PLEASE VISIT OUR WEBSITE FOR ADDITIONAL INSTRUCTIONS/INFORMATION

Metropartnersobgyn.com

-patient info

-pre & post surgery Instructions

INSTRUCTIONS FOR CESAREAN SECTION

Surgery Scheduling: 651.770.3320 Option 5

Patient Name: _____

Procedure: C-Section

Physician:

- Dr. Albertin
- Dr. Brady
- Dr. Callanan
- Dr. Chang
- Dr. Fischer
- Dr. Flynn
- Dr. Fried
- Dr. Goralski
- Dr. Grande
- Dr. Hallman
- Dr. Less
- Dr. Larsen
- Dr. McEllistrem
- Dr. Mies
- Dr. Syal

Date of Surgery: _____

Arrival Time: _____ (arrival times may change)

Time of Surgery: _____

***Someone will need to drive you to/from your appointment*

Pre-Op Exam: NOT REQUIRED

Post-Op Appointment Reminder:

_____ Woodbury: 1875 Woodwinds Drive STE 100

_____ Maplewood: 2945 Hazelwood St. STE 210

_____ Lilydale: 971 Sibley Memorial Hwy, STE 350

Surgery Location:

- St. Johns Hospital – 1575 Beam Ave, Maplewood MN 55109**
- Woodwinds Hospital- 1875 Woodwinds Drive, St Paul, MN 55125**

Vitamins and Medications: Review this with your Primary at your Pre-op

Stop aspirin/ibuprofens (Motrin, Advil, Aleve) one week before surgery.

Stop fish oil pills, vitamin E doses (over 400 units/day), weight loss meds (i.e. phentermine) and herbal supplements 2 weeks before surgery

The day of surgery take your medications as instructed by your doctor. Medications can be taken with a small amount of water (less than a 1/4cup).

Showering Before Surgery

Your surgeon has asked you to take 2 showers before surgery.

Why is this important?

It is normal for bacteria (germs) to be on your skin. The skin protects us from these germs. When you have surgery, we cut the skin. Sometimes germs get into the cuts and cause infection (illness caused by germs). By following the instructions below and using special soap, you will lower the number of germs on your skin. This decreases your chance of infection.

Special soap

Buy or get 8 ounces of antiseptic surgical soap called 4% CHG. Common name brands of this soap are **Hibiclens** and **Exidine**.

You can find it at your local pharmacy, clinic or retail store. If you have trouble, ask your pharmacist to help you find the right substitute.

A note about shaving:

Do not shave within 12 inches of your incision (surgical cut) area for at least 3 days before surgery. Shaving can make small cuts in the skin. This puts you at a higher risk of infection.

Items you will need for each shower:

- 1 newly washed towel
- 4 ounces of one of the above soaps
- Clean pajamas or clothes to change into

Follow these instructions:

Follow these steps the evening before surgery and

the morning of surgery.

1. Wash your hair and body with your regular shampoo and soap. Make sure you rinse the shampoo and soap from your hair and body.
2. Using clean hands, apply about 2 ounces of soap gently on your skin from your ear lobes to your toes. Use on your groin area last. **Do not** use this soap on your face or head. If you get any soap in your eyes, ears or mouth, rinse right away.
3. Repeat step 2. It is very important to let the soap stay on your skin for at least 1 minute.
4. Rinse well and dry off using a clean towel.

If you feel any tingling, itching or other irritation, rinse right away. It is normal to feel some coolness on the skin after using the antiseptic soap. Your skin may feel a bit dry after the shower, but **do not** use any lotions, creams or moisturizers. Do not use hair spray or other products in your hair.

5. Dress in freshly washed clothes or pajamas. Use fresh pillowcases and sheets on your bed.

Repeat these steps the morning of surgery.

If you have any questions about showering or an allergy to CHG soap, please call your surgery center.

Preparing for your Surgery

Getting started

A nurse will call you to review your health history and instructions. They will give you an arrival time based on your scheduled surgery time. **Please be ready to share:**

- Your doctor's clinic name and phone number
- Your medical, surgical, and anesthesia history
- A list of allergies and sensitivities
- A list of medicines, including herbal treatments and over-the-counter drugs
- Whether the patient has a legal guardian (ask how to send us the papers in advance)

Please tell us if you're pregnant—or if there's any chance you might be pregnant. Some surgeries may injure a fetus (unborn baby), so they require a pregnancy test. Surgeries that are safe for a fetus don't always need a test, and you can choose whether to have one.

Preparing for surgery

- Within 10 to 30 days of surgery: Have a pre-op exam (sometimes called an H&P, or History and Physical). This can be done at a clinic or pre-operative center.
 - If you're having a c-section, you may not need this exam. Talk to your care team.
- At your pre-op exam, **talk to your care team about all medicines you take.** If you need to stop any medicines before surgery, ask when to start taking them again.
 - We do this for your safety. Many medicines can make you bleed too much during surgery. Some change how well surgery (anesthesia) drugs work.
- Call your insurance company to let them know you're having surgery. (If you don't have insurance, call 612-672-2000.)
- Call your clinic if there's any change in your health. This includes signs of a cold or flu (sore throat, runny nose, cough, rash, fever). It also includes a scrape or scratch near the surgery site.
- If you have questions on the day of surgery, call your hospital or surgery center.

Eating and drinking guidelines

For your safety: **Unless your surgeon tells you otherwise,** follow the guidelines below.

- Eat and drink as usual until **8 hours before you arrive for surgery.** After that, no food or milk.
- Drink clear liquids until **2 hours** before you arrive. These are liquids you can see through, like water, Gatorade, and Propel Water. They also include plain black coffee and tea (no cream or milk), candy, and breath mints. You can spit out gum when you arrive.
- If you drink alcohol: Stop drinking it the night before surgery.
- If your care team tells you to take medicine on the morning of surgery, it's okay to take it with a sip of water.

Preventing infection

- Shower or bathe the night before **and** morning of your surgery. Follow the instructions your clinic gave you. (If no instructions, use regular soap.)

- Don't shave or clip hair near your surgery site. We'll remove the hair if needed.
- **Don't smoke or vape** the morning of surgery. You may chew nicotine gum up to 2 hours before surgery. A nicotine patch is okay.
 - Note: Some surgeries require you to completely quit smoking and nicotine. Check with your surgeon.
- Your care team will make every effort to keep you safe from infection. We will:
 - Clean our hands often with soap and water (or an alcohol-based hand rub).
- Clean the skin at your surgery site with a special soap that kills germs.
- Give you a special gown to keep you warm. (Cold raises the risk of infection.)
- Wear special hair covers, masks, gowns and gloves during surgery.
- Give antibiotic medicine, if prescribed.
 - Not all surgeries need antibiotics.

What to bring on the day of surgery

- Photo ID and insurance card
- Copy of your [health care directive](#), if you have one
- Glasses and hearing aids (bring cases)
 - You can't wear contacts during surgery
- Inhaler and eye drops, if you use them (tell us about these when you arrive)
- CPAP machine or breathing device, if you use them
- A few personal items, if spending the night
- If you have . . .
 - A pacemaker, ICD (cardiac defibrillator) or other implant: Bring the ID card.
 - An implanted stimulator: Bring the remote control.

If you're going home the day of surgery

- You must have a responsible adult drive you home. They should stay with you overnight as well.
- If you don't have someone to stay with you, and you aren't safe to go home alone, we may keep you overnight. Insurance often won't pay for this.

After surgery

- If it's hard to control your pain or you need more pain medicine, please call your surgeon's office.

CESAREAN SECTION POST-OP INSTRUCTIONS

WHAT TO EXPECT?

LENGTH OF STAY:

Your hospital stay will range from 2-3 nights.

ACTIVITY:

Keep stairs to a minimum

No heavy lifting (over 15#)

If you have a toddler encourage him/her to climb onto your lap rather than lifting to child.

Having help with cleaning and making meals will mean more rest for you and more time to get used to caring for your baby and to establish routine.

AVOID:

Avoid vigorous exercise such as aerobics, golf, tennis, or bowling for 4-6 weeks.

Avoid lifting objects over 15# for 4-6 weeks

REST:

You may be surprised at how tired you become after minimal activity

Plan to rest when the baby sleeps

Limit visitors for the first week

DRIVING:

Driving is permitted 1-2 weeks after surgery

Keep in mind your activity limitations

You should not drive while taking strong pain medication as it can slow your response time.

INTERCOURSE:

You should avoid the use of tampons or douching until you have had your follow-up

Appointment with your doctor to make sure that you are healing appropriately.

This is usually at least 4-6 weeks. At this time, your flow has usually stopped and the cervix is closed.

Changing hormones can cause a decrease in vaginal lubrication and cause dryness. A vaginal lubricant such as Astroglide or Lubrin may be helpful.

Please discuss your choice of family planning method with your doctor.

EMPLOYMENT:

You may return to work 6-8 weeks with your doctor's permission.

BATHING:

You should do tub baths or showers, use plain water. Do not use bubble bath or oils, or you may run the risk of an infection

