

INSTRUCTIONS FOR SURGERY

Surgery Scheduling: 651-770-3320 Option 5

Fax: 833-944-2004

The hospital or surgery center will call you with a specific arrival time and approximate surgery time 2-5 days prior to your procedure. If you have not been called by the location of your surgery 24 hours prior to your surgery date, please call us at 651-770-3320, option 5.

A pre-operative exam is required 30 days or less prior to your surgery date. Please have this completed by a primary care provider unless instructed otherwise. You should schedule this as soon as you confirm your surgery date.

Please review your medications at your pre-operative exam and what you should take the day of surgery with a small cup of water (less than ¼ cup). In most cases you will be asked to:

- Stop ibuprofen 1 day before surgery
- Stop naproxen (Aleve) 4 days before surgery
- Stop aspirin 7 days before surgery
- Stop vitamins and herbal supplements 14 days before surgery
- If you are on Wegovy, Ozempic, Monjauro or another GLP-1 weight loss medication, you need to stop this 1 week before surgery if there is weekly dosing and 2 days before surgery for medications with daily or twice daily dosing.
- If you are on an insulin pump – continue basal insulin dose and bring extra pump supplies to your surgery

Please note that you may pick up a **free** bottle of chlorhexidine (Hibiclens) required for your pre-operative shower at any Fairview pharmacy if you are having surgery at St. Johns or Woodwinds Hospitals. Otherwise, you will have to buy the soap from the pharmacy.

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.

If you have a child who's having surgery, please ask for a copy of [Preparing for Your Child's Surgery](#).

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.

- 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.
 - A legal guardian: Bring a copy of the certified (court-stamped) guardianship papers.

Please remove any jewelry, including body piercings. Leave jewelry and other valuables at home.

What to bring on the day of surgery

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.

Questions?

If you have any questions for your care team, list them here: _____

FURRO GAAR AH: Hadii aad ku hadasho Soomaali, waaxda lugadaha, gaybta kaalmada adeegyada, waxay idin hayaan adeeg kharash la'aan ah. So wac 612-273-3780.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-273-3780.

We comply with applicable federal and state civil rights laws, including the Minnesota Human Rights Act. We do not discriminate because of race, color, creed, religion, national origin, marital status, age, disability, sexual orientation or sex.

Before and After Your Gynecological Surgery

Your Guide to a Healthy Recovery

A scheduler will call you a few days to a week before surgery. They will let you know when to arrive. Please write down this information during your call:

Your surgery is at: _____ a.m./p.m. on: _____ (date)

Arrival Time: _____ a.m./p.m.

Where to check in: _____

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Enhanced recovery is a program designed to help you recover from surgery safely and return to your normal activities as quickly as possible.

Thank you for choosing us for your surgery. Your health and well-being are of utmost importance to us. We are committed to providing you and your family with the best possible care.

Please keep this book. It will be your guide throughout your surgery preparation and recovery. It should help answer any questions you may have.

Look for these symbols in the book:

- !** **Remember to . . .** These “to-do” items remind you of the tasks that will help you get the best results from your surgery or treatment.
- ?** **Did you know . . .** These facts help you better understand your care.
-  **Expert tip . . .** Wisdom from people who know: Past patients as well as health care providers.

Part 1: What to expect

Goals for a healthy recovery

Everyone on your care team (primary care doctor, surgeon, anesthesiologist, nurses) will work toward giving you a smooth recovery. Our role in your recovery includes:

- Helping you understand the surgery process from start to recovery, including how to prepare for it.
- Reducing the physical stress of surgery. This means:
 - Drinking clear liquids up to 2 hours before arrival
 - Eating up to 8 hours before arrival.
- Helping you avoid nausea (feeling sick to your stomach).
- Eating and moving around earlier after surgery.
- Using multiple methods to control your pain. This will help you eat, drink, and move around better after surgery. You'll also need less opioid pain medicines, so you'll have fewer side effects.

What type of pain medicine will I have?

You will meet with an anesthesiologist (pain doctor) the day of your surgery to talk about the type of pain medicine you will need. You'll go over the risks and benefits, what to expect, and any questions or concerns you may have.

Four methods are used to control pain during surgery:

- **Sedation** - medicine given through an IV to relax you.
- **Local anesthesia** - an injection to numb the surgery site.
- **Regional anesthesia** - an injection that numbs your body from the chest down. It is usually given into your back.
- **General anesthesia** - medicine that puts you to sleep for the entire surgery.

? Did you know

We aim to make surgery seem less like surgery.

 **Expert Tips:**

- Your care team will explain each step of your surgery.
- An interpreter is available (in person, or by phone or video).
- We can provide voice amplifiers to help you hear or speak.

If you have a surgical cut on your belly

You may have a **TAP block** to lessen any pain from your surgical cut (incision). This is an injection in your belly while you are sedated. You won't feel it. The TAP block can help numb the incision for 24 to 72 hours, depending on the type of medicine used. Reducing the pain from your incision means you'll need less opioid pain medicine. It will also make it easier to move, walk, and care for yourself.

Will I stay overnight in the hospital?

Most patients go home the day of surgery. Sometimes, depending on the type of surgery you have, you may need to stay for 1 or 2 nights in the hospital. Your surgeon will discuss this with you before your surgery.

What can I expect while I recover at home?

After you leave the hospital, you will continue healing at home. The amount of time it takes to heal will depend on the type of surgery you had. Your surgeon will give you an idea of how long it will take you to recover.

- The area around your incision may be numb. This should go away over several months.
- You may have some pain or discomfort. Your care team can suggest ways to deal with this.
- You may need more rest after surgery, but you'll be able to do more each day.
- You may have some bleeding or discharge from your vagina or incision. Your surgeon will tell you how much to expect and how long it could last.
- You may be asked to avoid putting anything in your vagina after surgery (tampons, douche, vaginal sex). Follow the instructions provided by your surgeon.

If you're having anesthesia and/or sedation:

- You'll need an adult to take you home and stay with you overnight.
- For the first 24 hours after surgery:
 - Plan to relax and take it easy.
 - Don't make any important or legal decisions.
 - Don't drive or use machines at home or at work.
 - Don't drink alcohol.
- Drink clear liquids first. If you don't feel sick to your stomach, slowly add solid food. You should be able to eat your usual food by the day after surgery.

Part 2: Getting ready for surgery

Please follow the instructions in the handouts below. Your provider or clinic will provide you with a paper copy.

- *Preparing for Your Surgery*, www.fvfiles.com/193169.pdf.
- *Showering Before Surgery*, www.fvfiles.com/521449.pdf.

From now until your surgery date

- Pre-register for your hospital stay at www.fairview.org/Pre-Registration.
- Arrange to have someone help you at home while you are recovering. You will need lots of rest.
- Schedule history and physical appointment with your doctor if this has not already been done.
- Discuss with your surgeon how you will manage pain after surgery.
- Ask your clinic where to get special surgical soap
- Bring or send Family Medical Leave Act (FMLA) forms to your clinic. Allow up to 10 business days for the forms to be completed and returned to you.

1 to 3 days before surgery

- Your clinic may schedule you for a blood test at the lab. If so, this test must be done within 72 hours of your scheduled surgery.
- Obtain the surgical soap as directed by your clinic, if you have not already done so.

Night before surgery

- Take a shower with the surgical soap you picked up. Follow the directions in *Showering Before Surgery*.

Expert Tips:

- Plan to have someone help you at home with household tasks after surgery.
- If you're having anesthesia, arrange to have an adult drive you home and stay with you for 24 hours.
- Consider preparing a few meals ahead of time.

Remember:

You need to take 2 showers with the special soap before your surgery.

Follow the directions in *Showering Before Surgery*.

Day of surgery

- Continue taking any medicines prescribed to you by your doctor, unless you have been told otherwise.
- Shower with the surgical soap again. Follow the directions in *Showering Before Surgery*.
- Follow the eating and drinking guidelines in *Preparing for Surgery* (or follow your surgeon's guidelines).

Part 3: Arriving at the hospital or surgery center

What to expect

- We will ask you to sign a consent form if you have not already done so. It states that you agree to have surgery. It will explain exactly what kind of surgery you are having.
- We may ask you to give a urine sample before surgery. This is to make sure you are not pregnant.
- The anesthesiologist will meet with you to discuss pain control options and give you anesthesia for surgery.
- We will give you acetaminophen (Tylenol). This will help decrease pain from surgery.
- We may place compression sleeves around your lower legs. These will help prevent blood clots.
- We will offer you a special blanket or gown to keep you warm.
- We will take you to the operating room.

Part 4: Recovering from surgery

Right after surgery, you will be in a recovery space where you will wake up from surgery. Your nurse will check your bleeding, surgical cut, and vital signs throughout your stay to watch how well you are recovering.

What to expect the first 24 hours

- You may have ice chips right after surgery.
- You may start eating and drinking as soon as you feel ready. This is usually about 2 hours after surgery. We encourage you to drink water or other liquids to stay hydrated.
- We will remove your urine catheter in the first 2 hours, if you have one. You will be able to urinate on your own.
- We will give you medicine to help with any pain or cramping. You may also ask for medicine for itching, nausea, and shivering.
- We will instruct you on when to remove your bandage and how to care for your surgical cut (if you have one) at home.
- You may begin showering the day after surgery or as directed by your surgeon.
- You should be walking at least 3 times a day.

Before you go home

Your surgeon will give you specific instructions to follow at home. These will include information about:

- When you may use a bathtub, swimming pool or hot tub
- What kind of exercise is safe
- How much weight is safe to lift
- When you may drive or operate machinery
- Problems to watch for and when to see a doctor
- When to come back to see the surgeon

! Recovery goals.

- Sit up within 2 hours after surgery (with help from your nurse).
- Start walking within 6 hours of surgery (with help).
- Able to sit in a chair for meals.
- Pain is under control.
- Begin walking at least 3 times a day.

After you're home

Call your surgeon's office with any questions or if you need support.

- Rest often.
- Drink plenty of water (the amount you normally need to feel hydrated). For many people this is 8 glasses a day. Drinks with caffeine are okay in moderate amounts.
- Try to take at least 3 short walks each day or as much as you are able. Slowly increase your activity each day.
- It is okay to climb stairs, but use the handrail in case you get dizzy.
- Follow your surgeon's advice on when to return to normal activities and to work.
- **If you were given an incentive spirometer:** Try to cough, breathe deeply and use your breathing device (spirometer) every 15 to 30 minutes when awake. This will help prevent breathing problems and fevers.

Incision care

- The area around your incision may be numb. This should go away over several months.
- Keep the incision dry and covered for the first 24 hours.
- Remove your bandage after 24 hours, even if you have some drainage. Leave your skin open to the air. It is okay to cover it during the day if your clothing rubs against it.
- If you have Steri-Strips (small pieces of tape) across the incision, leave them in place. They will fall off on their own. If they are still in place after a week, you can remove them.
- Don't use ointments, oils, lotions or creams on your incision unless told to use them.
- Avoid nicotine (smoking, vaping), if possible. Nicotine can slow healing.

Bathing and hygiene

Once your surgeon says you may shower, please follow these tips:

- Shower daily. Gently soap your belly and let the soapy water run over the incision. Don't rub.
- Pat to dry. Dry all areas fully, including any folds in the belly area.
- You don't need to re-cover the wound:

Pain

It is common to have some pain and cramping when you go home.

- Take pain medicine as needed. Do not wait for the pain to become strong before taking pain medicine.
- Follow the directions that came with your pain medicine.
- Take acetaminophen (Tylenol), ibuprofen (Advil or Motrin), or naprosyn (Aleve) with food and a full glass of water. This will reduce stomach upset.
- While taking narcotic (opioid) pain medicine:
 - Don't take pain medicine if you have no pain or your pain is mild and tolerable.
 - Don't drive or use heavy machinery. You may re-start driving and operating machinery after you have stopped taking narcotics, and you feel safe to do so.
 - Don't make important or legal decisions.
 - If you have nausea, vomiting or a rash, stop the medicine and call your doctor.
 - Opioid pain medicines can cause constipation.
- When coughing or sneezing, you may want to hug a pillow for added support if you had surgery on your belly. This may reduce pain.
- **If you had laparoscopic surgery:** You may feel some mild pain in your belly, chest, or shoulder within the first 48 hours. This is due to the gas (CO₂) used during the surgery. The pain will pass quickly as the gas is absorbed. For relief, take your pain medicine and lie flat.

Remember:

Rest when you need to rest.

Remember:

Only use laxatives if you are told to do so.

Diet

- You may eat your normal diet unless told otherwise.
- Foods that are high in protein (fish, meat, poultry, soy, dairy, and beans) may help you heal faster.
- Foods that are high in fiber (prunes, vegetables, fruits, and grains) can help prevent constipation (trouble pooping). Constipation is common after surgery, especially if you take opioid pain medicines.

Constipation

If you become constipated (trouble pooping), try the options listed below as needed.

- Take stool softeners as needed, such as Colace.
- Milk of Magnesia: 30ml (2 tablespoons) twice a day
- Metamucil: 2 tablespoons mixed with 12 ounces of liquid

If you're told to use a laxative, try the following options:

- Senokot-S
- Dulcolax oral or suppositories
- Miralax every day as needed

You can stop if you are pooping regularly or if you start having diarrhea (watery poop). **Call our office if you have not had a bowel movement for 2 days.**

Follow-up visits

You may need to see your surgeon for a check-up. This varies by the type of surgery you had. If you need to return, your surgeon will let you know when. Please call your surgeon's office to make a follow-up appointment.

Helpful resources

Billing questions

612-672-6724 or toll free: 1-888-702-4073

www.fairview.org/billing

Interpreter Services

612-273-3780

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 Your Skin before Surgery

When You Can't Take a Shower

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 products, you will lower the number of germs on your skin. This decreases your chance of infection.

Special wipes

Buy or get a package of antiseptic surgical wipes with CHG (for example, Sage Cloths).

You can find the wipes at any Fairview pharmacy. If you don't live near a Fairview pharmacy, ask your care team to help you find the wipes.

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.

Follow these instructions:

The evening before surgery

1. Clean your skin as able by taking a bath or sponge bath with soap and water. Shampoo your hair if you can.
2. Dry your body well using a clean, fresh towel.
3. Using clean hands, follow steps 1 through 6 on the next page to gently wipe your body with a back and forth motion. Do not scrub. Do not use cloths on your face or near eyes or ears. Do not use on broken skin or open wounds.
4. Let each area air dry for one minute. Do not rinse or towel off.
5. It is normal for your skin to feel somewhat sticky for a few minutes after using the wipes. Do not use any lotions, creams or moisturizers. Do not use makeup, hair spray or other products in your hair. Do not wash after using the wipes.
6. Dress in freshly washed clothes or pajamas. Use fresh pillowcases and sheets on your bed.

The morning of surgery

Repeat steps 3 and 4.

(over)

Where to wipe

Use a fresh cloth for each body area listed below.

1. Wipe your neck, chest and belly.
2. Wipe both arms, starting with the shoulder and ending at fingertips. Be sure to wipe the arm pit areas really well.
3. Wipe both legs, starting at the thigh and ending at the toes. Be sure to wipe well behind your knees. Avoid any open wounds.
4. Wipe your back, starting at the base of your neck to your waist line. You may need someone to help you with this step.
5. Wipe both hips, then your groin. Be sure to wipe folds in the groin area.
6. Wipe your buttocks.

