

## PAIN RELIEF / PAIN MEDICATIONS

While you are in the hospital, you and your doctor will discuss pain relief options that suit your needs.

- Take your medications when you first begin to feel discomfort
- If you want to avoid narcotics, you may use over-the-counter medications such as Motrin or Tylenol
- You will be sent home with instructions on medication use
- **DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATION AS IT WILL MAKE YOU DROWSY**

## HOW DO I TAKE CARE OF MY INCISION?

- You may have Steri-Strips (small plastic bandages across the incision – they will fall off on their own)
- You may get your abdominal incision wet. Shower or sponge baths are permitted but no tub baths.
- Do not douche or swim after surgery

## BOWEL FUNCTION

Patients who do not normally have constipation may develop short-term constipation after surgery. This may be caused by anesthesia, pain medication, decreased activity, dehydration and diet changes.

Your healthcare team will give you instructions that may include drinking more fluids or taking medication to help you return to your normal bowel pattern.

## IF YOU GO HOME WITH A CATHETER

You may go home from the hospital with a catheter in your bladder. The surgery your doctor performed causes swelling around the opening to the bladder making it difficult to urinate. It may take up to two weeks for your bladder to return to normal. You will be given instructions on how to care for the catheter. You should make an appointment with your doctor for an in-office voiding trial.

### Discuss with your doctor:

- When you need to make a follow-up appointment
- When you can drive and return to work

### After you leave the hospital, call your surgical provider if you have the following:

- Fever higher than 101.0 degrees
- Nausea with vomiting
- Problems with your incision such as redness and drainage
- Vaginal bleeding heavier than a menstrual period – more than 1 pad an hour
- Difficulty voiding
- Lower leg pain, redness /and or swelling

**Please call our office with any questions 24 hours a day / 7 days a week at**



# Gynecologic Surgery

## Patient Information

Hartford  
HealthCare  
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Thank you for choosing Hartford Healthcare. Your health, safety, and well-being are our top priorities. You can prepare for an easier recovery by planning ahead.

### GETTING READY FOR YOUR SURGERY

- Schedule your pre-operative physical  
If applicable schedule:
  - Blood work
  - EKG
  - Consultation with specialist
- Check with your primary care doctor about taking blood thinners and diabetes medications
- Choose your coach who will go with you to the hospital
- You may be asked to purchase the following:
  - **AZO Maximum Strength** or **URISTAT** pain relief tablets
  - 16 ounces of apple juice or other beverage as directed
  - Feminine pads
- **7 days before surgery** - stop taking aspirin, ibuprofen (Advil or Motrin) and naproxen (Aleve). Acetaminophen (Tylenol) is safe to use.
  - Perform stretching exercises 1-3 times a day (refer to Enhanced Recovery booklet)
- **3 days before surgery** - stop taking vitamins supplements and/or herbal remedies.
- Try to drink at least six (6) eight ounce glasses of water a day
- Arrange for transportation to and from the hospital

### THE DAY BEFORE YOUR SURGERY

- Drink plenty of clear fluids
- Expect calls from the hospital assessment center and instructions about when to arrive at the hospital.

### THE NIGHT BEFORE YOUR SURGERY

- No solid food or milk products after midnight (12 a.m.)
- Brush, floss your teeth, and use mouthwash

### THE DAY OF YOUR SURGERY

- Brush, floss your teeth, and use mouthwash
- Take your medications as directed by your doctor
- One hour before your arrival to the hospital, drink 16 ounces of non-red Gatorade or apple juice as directed.
- If directed, take two (2) tablets of the **AZO Max. Strength** or **URISTAT** just before leaving your home. This medication reduces bladder discomfort and turns the urine orange to help us examine your bladder during surgery

### Please bring the following to the hospital:

- A form of legal identification , a photo ID, and your insurance cards
- CPAP mask and settings, if applicable
- A list of your medications including herbal supplements for your nurse to review
- A pack of chewing gum to be chewed after surgery

- **Do not bring ANY valuables to the hospital (jewelry, credit cards, large sums of money)**

**Parking:** Hartford Healthcare sites provide parking. Fees may apply.

- Once you arrive, please proceed to the Preadmission Area
- Your surgeon and anesthesia provider will visit with you to answer any of your questions

### WHAT TO EXPECT AFTER SURGERY

After your surgery, you will be transferred to a post-surgical unit that specializes in the care of women.

- You will be wearing Sequential Compression Devices (SVD's) on your lower legs to help prevent blood clots in your veins. Your goal will be to walking soon after surgery and the (SVD's) will be removed.
- Continue to walk as much as possible
- Drink plenty of fluids
- To help decrease nausea, eat small frequent meals high in protein such as meat, fish, eggs and dairy products and foods high in Vitamin C such as citrus fruits while sitting in a chair
- Avoid strenuous activity. Do not lift anything greater than 10 pounds until your post-operative visit
- Do not insert anything into your vagina (i.e., tampons, douching) and avoid sexual intercourse

