



Pre Operative Inpatient Surgical Procedures

You are scheduled for surgery at the Methodist Hospital located at 7700 Floyd Curl Drive. The following information is provided to help prepare you for surgery and hospital stay.

It is important NOT TO EAT OR DRINK ANYTHING AFTER MIDNIGHT.

Your physician may ask you to take some of your routine medications such as blood pressure medications, prior to surgery. You may take these with a sip of water. Please clarify with your doctor regarding any medications you are taking. You will resume your usual medications the evening of your surgery. Please bring a list of your medications including dosages with you to the hospital.

Due to increasing the risk of bleeding we ask that you **stop aspirin** and **non-steroidal anti-inflammatory** medications such as **Motrin, Advil, Naprosyn, and Aleve** one week prior to surgery. You may use acetaminophen (Tylenol) for pain.

Ginko, Garlic, Gensing, Fish Oil may increase risk of bleeding, should be stopped 1 week before surgery.

Please arrive at the hospital 2 hours prior to your scheduled surgery. You will meet the anesthesiologist, and your physician will meet you and your family or companion. You will have time to discuss any questions or concerns you have at that time. It would be best to leave your suitcase in the car until you are settled in your room on WSU (3rd floor).

Pneumatic compression devices will be placed on your legs in the holding area and you will wear them until you're discharged home. The intermittent massage will help prevent clots in your legs.

After surgery you will be in the recovery room for approximately 2 hours. Your family will not be able to visit with you at that time. Your physician will visit with your family to let them know that surgery is over. The Blue Bird volunteer will notify your family when you are transferred to the Women's Surgical Unit.

After surgery pain management is important and use of IV pain meds, and pain pills will be available. Pain pills may provide longer pain relief and less nausea than the IV pain meds. Ambulating the afternoon after surgery will help prevent complications such as clots in your legs and promote resumption of normal bowel function. You will be provided a prescription for pain medication to use at home during recovery.

Many women will be ready for discharge the day after surgery however; the decision will be made for each individual patient. You will be able to shower, walk the hallways, and eat before being ready to go

home. You are encouraged to walk and increase your activity as tolerated. Heating pad and abdominal support may be comforting.

Please contact the office to confirm your post-op appointment. Any pathology reports will be available at that time.

Should you develop fever, persistent nausea or vomiting, heavy bleeding or signs of infection in your incision please contact our office. If you have concerns after office hours the on-call physician is always available by calling 210-692-9500 and the answering service will have the physician return your call.

Please notify the office if you will need a release to work prior to your post-operative appointment. Please bring disability or FMLA paperwork to the office prior to surgery and allow sufficient time for it to be ready when you need it returned to work.

Parking garage 1, located at the corner of Floyd Curl Drive and Medical Drive, is the most convenient location to enter the hospital. The elevator to SL 2 will allow you to arrive at the admitting desk for surgery. You will be guided to the pre operative area to get ready for surgery.