



Banner
University Medical Center
Phoenix

Minimally Invasive Gynecology Patient Information Packet

Important Locations and phone numbers:

Banner University Medicine

Women's Institute

1441 N 12th Street
3rd Floor
Phoenix, AZ 85006
Ph: 602.521.5700
Fax: 602.521.5701

Surgery Scheduling:

Tasha Canfield
602.521.5627

Banner University Medical Center

1111 E McDowell Rd.
Phoenix, AZ 85006
Ph: 602.839.2000

Entrance to hospital is on the west side of the hospital (12th Street and McDowell Road)

- *Covered parking is adjacent to the entrance for a fee.*
- *Free Parking is on the Southeast corner of 12th Street and McDowell Road.*

The purpose of this pamphlet is to provide you with information to optimize your recovery from surgery.

After your visit with us today, our surgery scheduler will call you once and a time and date for surgery have been obtained.

At that time we will schedule your postoperative visit.

If you have any questions between now and then, please call our clinic at the number above.

Before surgery, we recommend the following:

- Eat healthy food before your surgery - this helps you to recover faster.
 - This includes green, leafy vegetables and healthy protein (chicken, fish, lentils, etc.)
- Exercise regularly.
- If you have chronic constipation we recommend that you use a product like Miralax 2 days prior to surgery.
- Use Peri-colace or Miralax prior to surgery
- Stop or cut back your smoking 30 days prior to your surgery date.
- Stop or cut back alcohol consumption 30 days prior to your surgery date.
- **Follow the orders you were given regarding blood thinners and diabetes medicines.**
- **Stop taking any vitamins, supplements, and herbs 2 weeks before your surgery.**
- **Stop taking aspirin, ibuprofen (Motrin® or Advil®) and naproxen (Aleve®) 1 week before surgery.**
- **If you are taking additional medications for chronic pain, please continue those up until your surgery.**

The night before surgery:

- Shower with soap and water.
- If **gabapentin and/or celebrex** were prescribed, take them before you go to bed with a glass of water.

On the day of surgery:

- You may have light solid food up to 8 hours before your surgery.
- You may have clear liquids (water, juices without pulp, coffee or tea without milk) 3 hours prior to your surgery.
- Drink 12 ounces of apple juice or Gatorade® (no artificial sweeteners) 3 hours prior to surgery.
- Check in **two hours prior** to the scheduled time of your surgery.
- Have a responsible adult with you to hear your discharge instructions and drive you home.

After Surgery:

- You will be taken to the postanesthesia care unit (PACU) to recover. Your recovery there may last up to four hours and will include the following:
 - Assuring you can eat light food and drink liquids.
 - Making sure your pain is well controlled.
 - Getting out of bed and walking (early mobilization).
 - Making sure you can empty your bladder.
- If you are able to complete all these tasks within the four hours you will be discharged home (unless otherwise stated).
 - If you are unable to urinate after surgery, you may go home with a bladder catheter in place. If so, you may remove the catheter yourself the following day or we will schedule a follow up visit in clinic.
- If for some reason you are unable to meet these criteria, you will be admitted for observation and recover on our Women's Specialty Unit (5th floor).
 - *Most patients who undergo laparoscopic surgery are discharged home on the day of or one day after surgery*
- At the time of discharge, you will receive:
 - A copy of your discharge instructions.
 - Prescriptions for pain medication, nausea and a stool softener.

After you leave the hospital:

Wound Care:

- Your incisions will be covered with adhesive strips and large bandages or with skin glue.
 - The bandages can be removed the day after surgery.
 - The steri strips may stay on up to two weeks following surgery (it is OK if they fall off on their own).
- You may shower the day after surgery. Let the water run on your incisions with soap and water. Do not scrub or agitate your incisions. Do not apply any ointments.
- Vaginal bleeding (spotting) can be expected up to 6 weeks after surgery as your stitches dissolve.
 - *Please call if you have vaginal bleeding requiring a new pad every hour.

Bowel Care/Diet

The following is recommended regarding diet:

- On the day of surgery start with soft foods that are easy to chew and swallow.
- Eat 4-6 small meals each day starting the day after surgery.
- Take in plenty of fiber and protein.
- Avoid the following:
 - Greasy foods, fried foods or meats with high fat contents.
 - Foods that can cause excess gas (broccoli, legumes).

- Carbonated beverages.

The most common problem patients have after surgery is constipation. This can be avoided by doing the following:

- Walk around frequently to encourage your bowels to function properly.
- Take the stool softener that is prescribed as directed.
- Take 1 heaping tablespoon of Miralax powder daily (mix in 6 oz of fluid).
- Drink 8 cups of fluid per day.
- If no bowel movement in 3 days, call our office.
- Take in a diet rich in fiber.

Pain Medications:

- You will be discharged home with two pain medications:
 - **Ibuprofen** and **Acetaminophen*** work by reducing inflammation
 - **Oxycodone** is an opioid and blocks pain receptors

*Avoid using more than 4,000 mg of acetaminophen daily.

Each medication can be taken every 6 hours. We recommend taking them in the following fashion so that a medication is available every three hours:

8:00 AM: Ibuprofen (600 mg)
11:00 AM: oxycodone and acetaminophen (650 mg)
2:00 PM: Ibuprofen
5:00 PM: oxycodone and acetaminophen
8:00 PM: Ibuprofen

Activity and Work:

- Avoid lifting more than 15 lbs.
- Avoid driving until you are off narcotics and pain free.
- You may return to work 4 weeks after surgery. In some cases women are ready to return after 2 weeks.
 - If your job involves heavy lifting, you should avoid this for 6 weeks until you are cleared at your final postoperative visit.
- Pelvic rest:
 - If you undergo hysterectomy, your vagina will take 8 weeks to heal. During that time, refrain from the following activities:
 - Pools/Hot Tubs
 - Tampons
 - Sexual intercourse
 - Douches

Most importantly: LISTEN TO YOUR BODY!

Urgent Issues:

You may call our office for urgent questions and we ask that you call us before proceeding to the emergency room if possible.

Please call our clinic if you are experiencing any of the following:

- A fever greater than 100.4°F.
- Severe nausea and vomiting that does not get better with medication or clear liquids
- Foul smelling urine or burning with urination
- Severe abdominal pain
- Diarrhea
- Unable to pass gas for 24 hours.
- Your incisions are red and swollen with pus.
- Vaginal bleeding requiring a new pad every hour.