



MAA

Women's Health

SURGERY INSTRUCTIONS

Patient Name: _____ Date of Birth: _____

Surgery: _____

Anesthesia: _____

Date & Time Requested: _____

Approximate Time: _____

Hospital Stay: _____

Scheduled Date & Time: _____

Location: Northside Forsyth ☐ Northside Gwinnett ☐ Northside Duluth ☐ Emory Johns Creek ☐

1) Please go to the hospital two hours before your scheduled time

2) Do not eat or drink anything after 12 midnight the day before your surgery

3) Bowel Prep:

☐ No prep.- Eat light dinner the day before surgery

☐ Minor prep.-Dulcolax 5 mg tab take 1-2 at 10 a.m. the day before surgery and liquid diet the day before surgery

☐ Major prep.- Liquid diet the day before surgery. Golytely 4 liters starting in a.m. day before surgery

☐ Fleets phosphosoda 1.5 oz at 4 p.m.; if bowel movement is not clear take 1.5 oz at 8 p.m.

☐ Liquid diet- 7 up, sprite, gatorade, pedialite, jello, juice, broth, popsicles

4) No intercourse and nothing in vagina for three days before surgery

5) Medications:

-Take only Tylenol for pain. No Advil, Motrin, Aleve, Aspirin, Excedrin, one week before surgery

-No vit E, herbal medications, fish oil and other supplements one week before surgery

-Other: _____

6) Preop Labs: _____

7) Call your insurance for coverage, hospitalization, precertification, or second opinion

8) Call the office at (470)-866-3200 or email at admin@maawomenshealth.com for further questions

10) Make your postop appointments ☐ 1 week and/or ☐ 6 weeks after surgery

Postop Instructions:

1) Do not plan anything important the day or the next day after surgery

2) No tampons or sexual intercourse for _____ days after surgery

3) You can shower or use bathtub

4) Eat a well balanced diet with a lot of fiber. Drink 8 oz x 8 of water. You can use senokot, colace, milk of magnesia and Dulcolax for constipation

5) You can take stairs slowly and walk few steps at a time. Do not walk long distances. No lifting anything more than 5 lbs for _____ weeks

6) Expect to be tired. Do not hesitate to take a nap

7) You can drive after _____ weeks. Wait until you stop taking pain medications and move without pain

8) Do not use medications on incisions. You can clean with soap and water and pat dry

When to call

- 1) Fever 100.3 F or more
- 2) Severe abdominal pain
- 3) Not able to keep anything down
- 4) Unable to pass urine
- 5) Heavy bleeding (changing a pad every hour)
- 6) Chest pain
- 7) Shortness of breath
- 8) One leg is swelling with severe pain
- 9) Redness spreading from the incision
- 10) Large amount of drainage from the incision