Pre and Post-Operative Guidelines

Date/Time of Surgery:_________________________ Hospital______________________________

Appt. for preadmission services:__________________________________________________________

Preoperative appt with doctor:________________________________________________________________

Instructions for Surgery

Please adhere to the following instructions in every detail
Do not eat or drink anything after midnight the night before your surgery. Do not have anything in
the morning-no coffee, no fruit juice, no water, no ice chips, and no gum! If food or drink has been
taken after midnight, it may be necessary to cancel your surgery. Exemption: If you are taking any
heart or blood pressure medications that you normally take in the morning, please take these
medications with a very small sip (less then1 oz) of water the morning of surgery.

Orders for bowel prep are attached. Your physician will let you know if it is necessary to use it in
preparation for your surgery. Please call if you have any questions about your prep.

Remove nail polish from acrylic prior to coming to the hospital. This is for anesthesia purposes.

You will be told at your Preadmissions services appointment what time and where to report for
your surgery. If you are having your preadmission testing done the day of your surgery at
Celebration, please check in at the front desk in the main lobby at ____________________________.

You should not have any aspirin, Ibuprofen or herbal products one week prior to surgery. You may
take Tylenol for conditions which normally require aspirin or Ibuprofen. If you are taking any
medications for pain and you are not sure if contain aspirin or ibuprofen, please call us. You may
take a multivitamin, calcium or iron if it was recommended.

If a change in your physical status develops, such as cold, persistent cough, fever or an important
change in the condition for which you are to have surgery, please notify our office immediately. If
you have any infection or a cold the morning you are to report to the hospital, please call our office
as soon as it is noticed, we may have to cancel the arrangement made at the hospital.

You will be seen by the anesthesiologist prior to undergoing surgery. He/she will answer your
questions regarding the anesthesia. He/she may also order preoperative medication for you before
you go into the operating room. Dr ____________________________ will see you in the operating room
before you are given anesthesia.
You will be in the recovery room approximately 2-3 hours before going home or to your hospital room. The length of your hospital stay will vary (generally 1-3 days) depending upon the type of surgery performed. Your recovery period will be about _________ weeks, depending on the type of surgery you have.

Please call our office within a few days after you are released from the hospital to schedule your 2-4 week post operative appointment unless you have been otherwise instructed by your physician.

If you have FMLA or Disability paper work, please allow 7 business days for processing.

If you have any questions regarding these instructions please call us at 321-939-3553.
Surgery Discharge Instruction

While every day after surgery may not be a good day, overall you should feel progressively better each day. You may notice that you are more fatigued then you where prior to surgery and may not have the same stamina you used to. This should resolve over the next 4-8 weeks. Below are some guidelines to help with common answers and concerns.

With small laparoscopic incisions, you may gradually return to normal activities over a 2 week period as you feel able.

**Activities/lifting restrictions:** With large incisions, vaginal hysterectomies, and pelvic floor surgeries, avoid any lifting for 4-6 weeks. Avoid lifting over 20 pounds for 8-12 weeks postoperatively. You should primarily rest at home. In general, avoid bending, lifting or twisting that caused pain.

**Exercising:** Walking is recommended. Avoid other exercises until it is cleared with your physician.

**Baths vs. showers:** Showers only for the first 2 weeks; then you may take baths.

**Driving:** No driving for 2 weeks. You may drive after 2 weeks if you are not on pain medication. Use common sense.

**Constipation:** You may use Colace to soften the stool and over the counter medications such as Senokot, Milk of Magnesia, Peri Colace or Ducolax as laxatives. Increase your fluids and fiber-rich foods. Call the office if you have fever or if you are not able to pass gas.

**Gas pain:** Use Gas X or Mylicon. Avoid greasy/fried foods. Increase your fluid intake. You may use a heating pad.

**Diet:** There are no restrictions. You may eat what you can tolerate but avoid greasy/ fried foods. Drink plenty of fluids (at least 64 oz per day).

**Pain Medication:** You have been prescribed pain medication to use as needed for a few weeks postoperatively. Use as directed. You may use Motrin of Tylenol for lesser pain.

**Sexual relations:** You may resume sexual relations only after your post op checkup.

**Traveling:** Basically, you should stay in town until after your postop checkup.
Wound Care

<table>
<thead>
<tr>
<th>Type</th>
<th>Cleaning for all</th>
<th>Remove when/where</th>
<th>Signs to be reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tape</td>
<td>Keep clean and dry</td>
<td>On your 1st day home</td>
<td>Bleeding, foul odor, foul smelling drainage, wound separation, pain or swelling.</td>
</tr>
<tr>
<td>Staples</td>
<td>Keep clean and dry</td>
<td>Remove in office in 1 week</td>
<td>Same as above.</td>
</tr>
<tr>
<td>Glue</td>
<td>Keep clean and dry</td>
<td>Glue will flake off after 9-10 days. May use Vaseline to remove sooner if irritating.</td>
<td>Same as above.</td>
</tr>
<tr>
<td>Sutures</td>
<td>Keep clean and dry</td>
<td>Remove in office at 2 weeks post-op visit.</td>
<td>Same as above.</td>
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Symptoms to be Reported

Fever
Increasing pain
Bloating with fever
Heavy Bleeding
Urinary frequency, urinary urgency or painful urination

As a reminder, you can always reach us during the day at 321-939-3553. After 4:30 pm this number also serves as our answering service number. Our doctors can be reached 24 hours a day in an emergency.
Bowel Prep for Surgery

In general, bowel preps work the most efficiently and easily if you eat lightly the day prior to starting your prep. Avoid red meat or other hard to digest foods.

CITRATE OF MAGNESIA BOWEL PREP
This bowel preparation should be completed prior to the day of your scheduled surgery. The Citrate of Magnesia needed for the prep may be purchased at any drugstore. You do not need a prescription to buy it.

You will need to purchase the following items for the prep.
10 oz bottle Citrate of Magnesia

DAY BEFORE PROCEDURE
Beginning in the morning: Clear liquids all day such as bouillon, fruit juice, plain Jello, etc.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM</td>
<td>Drink 8 oz of clear liquids</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Drink 1 bottle of magnesia followed by 8 oz clear liquids.</td>
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</tbody>
</table>

Drink at least 8 oz of clear fluids every hour until 7:00 pm. After 7:00 pm you may continue to drink clear fluids, as desired, until midnight.

Do not eat or drink after 12:00 AM (midnight)
Clear liquids may be any of the following: water, citrus, apple, grape, Gatorade, PowerAde or cranberry juice, coffee or tea with no milk or cream. You may drink more than the diet states.

PREP 2
Eat a regular breakfast, light lunch and clear liquids for dinner, broth, Jello, juice, etc.

4:00 PM Drink ½ the bottle of Citrate of Magnesia, followed by 8 oz of clear liquids.

You may eat and drink clear liquids: water, citrus, grape, Gatorade, chicken broth, Jello, coffee or tea with no milk or cream.

7:00 pm Drink the other ½ bottle of Citrate of Magnesia, followed by 8 oz of clear water.

You may continue to drink liquids up to midnight.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.