



Florida Gynecologic Oncology

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Pre-operative & post-operative instructions

At Florida Gynecology Oncology & Robotic Surgery, we understand the decision to have a surgical procedure can be a major event in your life. We also realize that you may have many questions before and after your surgery. That's why we provide pre-operative and post-operative instructions and information to better prepare you for your procedure.

General pre-operative instructions

You will have an appointment with Dr. Almeida prior to surgery (within 30 day from your surgery date) to review details and finalize consents.

No eating/drinking after midnight the night before surgery. The following are approved medications that do NOT need to be stopped:

- Psychiatric Medication
- Cholesterol Medication
- Blood Pressure Medication
- Diabetes Medication
- Thyroid Medication

If taken in the morning, can be taken with a small sip of water the morning of surgery, **please confirm medications with primary care doctor.**

The facility/hospital will call you the **DAY BEFORE** your surgery to let you know what time to arrive.

You may meet with, or have a telephone interview with, someone from the anesthesia department prior to surgery. They will let you know if you should take any of your home medications the morning of surgery.

One week prior to your surgery stop taking Oral Contraceptives (Birth Control Pills).

7 days prior to your surgery **STOP** taking aspirin or Ibuprofen, and any blood thinners. Do **NOT** resume taking until after 2 weeks post-surgery. Make sure to ask your doctor or cardiologist for instructions on stopping Plavix, Eloquis, or Coumadin, etc., and when you can safely resume taking them (usually held for 2 weeks unless advised otherwise). **YOU MAY USE TYLENOL ONLY, IF NEEDED.** Stop taking **ALL** over the counter vitamins/supplements, you may resume 1 week post-surgery.

Hysteroscopy Dilation and Curettage (D&C)

Dilation and curettage (D&C) is a procedure to remove tissue from inside your uterus. Doctors perform dilation and curettage to diagnose and treat certain uterine conditions — such as heavy bleeding — or to clear the uterine lining.

In a dilation and curettage your doctor uses small instruments or a medication to open (dilate) your cervix — the lower, narrow part of your uterus. Your doctor then uses a surgical instrument called a curette to remove uterine tissue. To perform the test, your doctor collects a tissue sample from the lining of your uterus (endometrium) and sends the sample to a lab for testing. The test can check for:

- Endometrial hyperplasia — a precancerous condition in which the uterine lining becomes too thick
- Uterine polyps
- Uterine cancer

Post-operative instructions

You may experience bleeding for 7-10 days (we recommend using pads during this time).

Avoid sexual intercourse for 2 weeks following the procedure.

You may shower but avoid intercourse, douching or tampons until seen by a doctor. No Soaking in Water.

Take Tylenol for pain, unless any other medications is prescribed by your doctor. We will not be providing medications for this procedure.

Call if you have a fever greater than 101.1, heavy bleeding, pain not controlled by your pain medications, severe nausea/vomiting or any other concerns.

Follow-up in the office within 2 weeks after the procedure.

I _____ confirm that I have read and been given verbal instructions on all pre and post-operative instructions listed above.

Patient Signature _____

Date _____

Surgical Coordinator _____

As always, if you have any questions, please do not hesitate to call us.

