



Florida Gynecologic Oncology

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Patient: _____ Date of Surgery: _____

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.

General post-operative instructions

Robotic and/or Laparoscopic procedures

You may have some abdominal pain, bloating and right shoulder pain in the first 24-48 hours. This is caused by the gas used to inflate the abdomen during surgery.

Avoid heavy lifting (anything over 5 lbs) and all strenuous activities until seen at post-op.

Avoid driving for 2 weeks. (After Hysterectomy)

You may shower 1 day after surgery. The bandages covering the belly button may be removed after 48 hours. Please be sure to leave the small steri-strips in place. They will look like small pieces of tape. We will remove those in the office at post-op (2-weeks). Should they fall off, do not be alarmed you can contact the office and we can provide replacements or you can purchase at your local Walgreens/CVS.

Make sure to keep your incision dry. Do not apply any type of creams, lotions or Neosporin to the incision.

Avoid intercourse, douches, and anything going into the vaginal canal **UNTIL ADVISED BY PHYSICIAN.**

Take pain medications as prescribed by your doctor. If you become constipated, you may take Colace twice a day, Miralax, or milk of magnesia.

Call if you have a fever greater than 101.1, heavy bleeding, pain not controlled by your pain medications, severe nausea/vomiting, redness around the incisions, drainage from the incision, or any other concerns.

Follow-up in the office within 2 weeks after the procedure, unless your doctor asks to see you sooner.

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

I _____ have reviewed my medications list and am aware of approved medication.

Patient Signature _____

Date _____

Surgical Coordinator _____

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