



Innovative Women's HealthCare Solutions

Patient centered. Patient driven. Patient empowered.

What Do I Need To Do Before My Surgery?

Please read all packet education materials several times before the operation.

Please stop the use of any anti-inflammatory medication (Motrin, Advil, Aleve, Ibuprofen, Aspirin, etc.) **TWO** weeks prior to your operation. Tylenol may be taken up to the day or surgery. Coumadin must be stopped 5 to 7 days before your surgery under the direction of your internist or cardiologist. If you are on Plavix, this must be stopped 10 days prior to surgery.

To be cleared for surgery, you may need to have a pre-operative physical exam with your internist or family doctor **particularly if you have significant health problems (heart disease, history of cancer, diabetes, etc.)**.

Please ask them to send me the results, or fax them to me at **678-424-1127**.

You will need some routine laboratory test performed, including an EKG, blood work and a chest x-ray may be necessary. These can be done at the hospitals pre-op visit. Lab work must be done within 30 days of your surgery. The EKG must have been done within six months of your surgery.

With new Techniques such as "cell saver", pre-operative blood donation will not be necessary. You will be asked to sign a consent for transfusion of blood which includes auto transfusion of your own blood collected at the time of surgery from the cell saver. Cell saver is also acceptable for Jehovah witness.

Confirm your date and time of surgery and discuss your questions and concerns. Make sure you are scheduled for a pre-operative appointment at our office several days before surgery. At that visit, we'll review your surgery, the risks and benefits of the procedure. Please bring a list of all the medications that you currently take to this appointment. A consent form for the surgery will be signed and a post-operative appointment made.

You will then go to Admissions at _____ Hospital to pre-register for your surgery. This process will take several hours to complete. At your pre-operative visit in our office, we will let you know when you need to arrive at _____ Hospital for your surgery.

Try to pick a surgery date that is convenient for you. Do not plan any major, long distance trips during the post-operative period. Do not eat or drink anything after midnight the night before our surgery. It is very important that you have an empty stomach during the operation. If you take medication for blood pressure, thyroid, certain diabetes medications, etc. you may take it the morning of surgery with a small sip of water. During your pre-operative visit, we will review what medications you can take the morning of your surgery.

If you are employed, please discuss your surgery and rehabilitation with your employer. Depending on your job, you will need anywhere from 4 to 6 weeks off from work. Many employers have short-term disability programs to help you through this period.

Our office staff will complete all pre-certification required by your insurance plan. We will contact you if there are any complications regarding your coverage.

You do not need to purchase any special devices prior to the operation. Abdominal Binders will be provided by the hospital.