

# Surgical Gynecological Procedures

## Long-term stay

*Information for clients*



**This booklet will help you prepare  
for your surgical gynecological  
long-term stay procedure.**

**On:**

**I will undergo the following surgical procedure:**

# 1

## TWOWEEKS BEFORE SURGERY

Do not take any over-the-counter medication such as natural products, aspirin and anti-inflammatory products (Advil™, Motrin™, etc.) as they may increase the risk of bleeding during surgery.

- Acetaminophen (Tylenol™) is allowed.

### **Important:**

If you suffer from a cold or the flu or if you have a temperature, please advise admission as soon as possible at 514-345-4682. Your surgery will have to be cancelled.

# 2

## THE NIGHT BEFORE YOUR SURGERY

- Have a bath or a shower and wash your hair. If prescribed, you should use chlorhexidine sponges;
- Do not shave the area to be operated on;
- Remove all nail polish and false nails;
- Remove all your jewelry and any piercings;

- You must abstain from eating or drinking from midnight, the night before your surgery (no food, no smoking and no chewing gum);
- The only liquids allowed until 5 am, the morning of your surgery, are: water, clear apple juice, cranberry juice, Gatorade™, black coffee or black tea;
- Brushing your teeth is allowed until 5 am;
- You may take medication with a sip of water before 5 am.

**Surgery will still be performed even if you are menstruating.**

## 3

### WHAT TO BRING TO THE HOSPITAL

- Personal articles (sanitary napkins, tissues, pillow (if you wish), comfortable clothing, bathrobe);
- Health insurance card and hospital card;

**If required:**

- Anti-embolism stockings (to be put on 30 minutes before surgery);

**Do not bring any money or articles of value**

## 4

### ON THE DAY OF THE SURGERY

- You must arrive at 6 am at the 3<sup>rd</sup> floor admission desk, block 5;
- You will meet the anaesthetist in the operating room, on the morning of the surgery;
- After your surgery procedure, you will spend a certain period of time in the recovery room.

## 5

### RETURN TO YOUR ROOM AFTER SURGERY

- You will have an intravenous line and a urinary catheter inserted;
- Bandage/dressing;
- \_\_\_\_\_
- A nurse will regularly monitor your condition and will ensure you are comfortable;
- Someone will assist you the first time you try to get up. You will be asked to move as often as possible and a nurse will show you some breathing exercises. This is very important as it helps avoid any complications;
- You may take a shower 24 hours after the surgery has been performed.

## 6

### BLADDER AND BOWEL ELIMINATION

It is normal that your bowel function be slowed down. To avoid any discomfort, you should:

- Drink lots of water;
- Walk as much as possible;
- Make sure you eat a fiber-rich diet (whole-grain cereals, green vegetables, legumes, etc.);

## 7

### ADVICE FOR WHEN YOU RETURN HOME

#### Care for the surgical wound:

- The staples will be removed by a nurse around the third day after your surgery and will be replaced with wound closure strips (Steri-strips™).
- Your wound will be covered with small skin closure strips (Steri-strips™) that will fall off within 7-10 days after the surgery. If strips do not fall within 10 days, you may remove them yourself.
- Dissolving sutures will take approximately 3 weeks to disappear.
- After 21 days, when the wound is well closed, you may start rubbing vitamin E cream or some unscented hydrating cream on the wound, to help eliminate scarring as much as possible and avoid hardening of the scar tissue.

#### Wound massage procedure

- Massage the wound with both hands;
- Press between the fingers;
- Coax the scar towards the exterior (away from you);
- Stretch the scar in all directions to help soften the tissue;
- Massage your scar 2 to 3 times daily for approximately 2 minutes, over a period of 2 months;
- Continue massaging once a day after that, until the scar tissue is as soft as the other tissues surrounding it;
- Avoid spa or swimming in a lake for 6 weeks.

### **Sexual relations**

- Depending on the surgery, do not insert anything in the vagina within 6 to 8 weeks following the surgery (no sexual relations, no tampons or other objects and no vaginal douche).

### **Return to normal activities**

Your convalescence phase may last between 4 and 8 weeks, depending on the surgery

- For the first 3 weeks:
  - Avoid lifting weights over 10 lbs;
  - Avoid any activity that requires abdominal strain (vacuuming, sports such as running, etc.);
  - Climbing stairs and walking are activities that are permitted.
- Driving is allowed after 2 weeks;
- Gradually return to your normal daily activities;
- Return to work is allowed according to your doctor's recommendations (if needed, a work stoppage certificate because of illness will be given you upon your discharge).

### **Medical follow-up**

Upon your return home, please make an appointment with your physician approximately 6 weeks after your surgery.

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## MONITORING TO BE DONE AT HOME

**If, during the days following your departure from the hospital, you manifest one of the following signs, you should report to the delivery unit (obstetrics-gynecology, 4<sup>th</sup> floor, block 11).**

- Temperature (38°C or more) that lasts more than 48 hours;
- Redness, feelings of warmth or discharge around the wound area;
- Pain that increases despite taking prescribed medication;
- Profuse vaginal bleeding (more than one sanitary napkin/hour) or foul-smelling vaginal discharge;
- Vaginal bleeding that lasts more than a month;
- Pain and redness around the calves;
- Burning sensation when urinating, cloudy urine or foul-smelling urine.

### **For any information about your surgery call:**

pre-operative clinic at 514-345-4931 ext. 3333, Mondays and Wednesdays

**At any time:** 514-345-4701.

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#### **Printing**

CHU Sainte-Justine Printing Press

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F-1720 A GRM 30008574 (rev.05-2018)