

Surgical Gynecological Procedures

Short-term stay

Information for clients



**This booklet will help you prepare
for your surgical gynecological
short-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.
- Plan your return home the day of the surgery: you must be accompanied by someone as you will be slightly sleepy following the administration of an anaesthetic.

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

- Someone will contact you the night before your surgery to inform you of the time you should arrive;
- Report to the day surgery unit on the 5th floor, block 3;
- 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.

Section reserved for the nurse:

5

ADVICE FOR WHEN YOU RETURN HOME

Managing pain

- A prescription including pain-killers and anti-inflammatory medication will be given you upon your return home.

Diet

- On the day of the operation, begin with small amounts of liquids to be increased gradually, depending on your tolerance (water, apple juice, decarbonated soft drinks). Afterwards, you may follow a light diet (soup, gelatin, toast, etc.);
- You may resume your normal diet on the following day.

Hygiene

- Showers are allowed 24 hours after your operation.

Convalescence

- Your physician will advise you of the date you may return to work.

Medical follow-up

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

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chusj.org

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, 4th 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.

For any information:

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

At any time: 514-345-4701

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