



CHU Sainte-Justine
Le centre hospitalier
universitaire mère-enfant

Université 
de Montréal

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 3rd 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.

CHU Sainte-Justine
3175, Côte-Sainte-Catherine Road
Montreal (Quebec) H3T 1C5
Telephone : 514 345-4931

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;
- 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.

Revised by

Lucie Ferland, *RN*
Anne-Marie Morand, *Nurse educator*

Collaboration

Dr. Nathalie Leroux
Dr Patricia Egerszegi
Céline Raymond, *RN*

Translation

Lise Bolduc

Graphic Design

Norman Hogue

Printing

CHU Sainte-Justine Printing Press

© CHU Sainte-Justine

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