

# 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 5<sup>th</sup> 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:**

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## 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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## 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.

### **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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