

Preparation for Enhanced Recovery after Open Surgery

Prior to Surgery

- On the day before surgery there are no dietary restrictions and you may eat what you like.
- Starting at midnight before your surgery, you may continue to drink clear liquids only. You may not chew gum.
- You must stop drinking 2 hours prior to arriving to the hospital. If you continue to drink, or drink anything other than water or clear fluids (i.e. Gatorade or Vitamin Water®) between midnight and 2 hours prior to your surgery, your surgery will be canceled for safety reasons.

The Evening of Surgery

- Your nurse will help you out of bed 6 hours after surgery.
- Your bladder catheter may be removed 6 hours after surgery, or in the morning, and you will be able to urinate on your own.

The Morning after Surgery

- In most cases, you will be able to eat what you like on the day following your surgery.
- You will be able to return home the 2nd or 3rd day following your surgery.
- A responsible adult must be available on the morning of hospital discharge to receive instructions about your care and drive you home.

Home

Pain Relief

- Take Motrin, Advil, or ibuprofen 600 mg (three 200 mg over-the-counter pills), every 6 hours, while awake, for 4 days. Then use as needed.
 - Take Tylenol or acetaminophen 625 mg every 6 hours, while awake, for 4 days. Then use as needed.
 - Add Oxycodone 5 mg, 1- 2 tablets, every 4 hours, as needed for break through pain.
- OR --

- Take medications as instructed by your provider.

Bowel Function

To avoid constipation, I recommend:

- Stay well hydrated and eat lots of fruits and vegetables for fiber.
- Use docusate sodium twice daily if you are taking narcotics.
- Use Miralax or polyethylene glycol (a mild laxative).
- Dissolve 1 packet in 4-8 oz of liquid.
- Take daily for 5 days or for as long as you are using oxycodone/narcotics.
- If you haven't had a bowel movement 5 days after surgery, take a stronger laxative such as magnesium citrate or Milk of Magnesia. Call if the laxative does not initiate a bowel movement with 24 hours.

Wound Care

- If you have bandages or dressing, you may remove them one day after surgery. If you have steri-strips, they may be removed in 5-7 days.
- Shower as usual.
- Pat your abdomen dry with a towel.
- Avoid baths, hot tubs, and swimming for at least 2 weeks after surgery.
- Call if there is drainage from the wound or redness around incision.

Exercise/Activities

- Advance activities as tolerated, walking is the best exercise for the first few weeks.
- Climbing stairs is fine.

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- No heavy lifting per your surgeon's recommendation.
 - Do not place anything in the vagina per your surgeons recommendation.
 - No driving as long as you have to hesitate to press the pedals, or you are taking narcotics.

Contact Information

- Weekdays, business hours: Call **415-855-7788** Mention that you've recently had surgery and the receptionist will page the doctor to call you back.
- Weekday nights and weekends: Call **415-855-7788** . The answering service will take your message and notify the on-call Gynecologist to call you back.
- **Please call instead of using MyChart for time sensitive post-operative questions or concerns.**

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