

PREOPERATIVE INSTRUCTIONS & CHECKLIST



LOCATION

- In-Office
- Presbyterian/Margot Perot

PROCEDURE

- NovaSure® Uterine Ablation
- Pelvic Prolapse Treatment
- Vaginal Hysterectomy
- D&C
- Labiaplasty
- Permanent Female Sterilization
- Other _____

CONTACT

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HOURS

MON – THURS
8:30AM – 4:00 PM

GENERAL GUIDELINES

- If you develop a cold, sore throat, fever, or any other illness prior to the procedure date, notify your surgeon immediately.
- Same day surgery patients need to arrange for a responsible adult to drive you home and stay with you a minimum of 24 hours following surgery. If not arranged, it may result in the cancellation of surgery.
- If you have small children, please plan for their care while you are in the hospital.
- Assistive devices such as glasses, hearing aids, dentures, etc. will be given to your family once you go into surgery.

MEDICATIONS & SUPPLEMENTS

- Blood thinners such as: Coumadin, heparin, aspirin, Plavix and non-steroidal anti-inflammatory drugs (NSAIDS) affect the body's blood clotting capabilities. These medications should be stopped 3-7 days prior to your surgery.
- Diabetics: Please discuss instructions on how to manage your diabetes for the night before and morning of surgery.
- Inhalers may be used the morning of surgery. Be sure to bring your inhaler to the hospital.
- Vitamins and Supplements: due to possible interactions with anesthesia, the anesthesiologist request you **STOP** all herbal supplements and vitamins 7 days prior to your surgery.
- **YOU MUST STOP** all weight loss medication Ex: phentermine, at least 2 weeks prior to surgery.

DAY BEFORE SURGERY

- Eat a normal meal for dinner and drink plenty of fluids, 6-8 glasses of water or juice, unless otherwise instructed.
- **DO NOT** drink alcoholic beverages or smoke for 24 hours prior to your procedure.
- To prevent infection, shower the night before and the morning of surgery unless you have been given other specific bathing instructions from your surgeon.
- Perform thorough oral hygiene with new toothbrush if possible.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT unless otherwise instructed by physician and/or surgical services nurse.** (includes hard candy, mints, gum, sips of water unless otherwise instructed)
- REMOVE ALL JEWELRY, MAKEUP, FINGER/TOE POLISH prior to your arrival and **leave ALL valuables at home.**

DAY OF SURGERY

- Brush your teeth, but only swish and spit out the water. DO NOT SWALLOW.
- Bring your Medicare, all applicable insurance cards and photo ID with you.
- **DO NOT WEAR CONTACT LENSES!**
- Wear loose fitting clothes and low heel, closed toe shoes
- Bring reading material or you can access the WI-FI available through the hospital on your mobile devices
- Overnight patients: bring toiletry items, slippers, robe, and a change of clothing for your discharge. Please leave bag in the car and have visitors bring it to you once you have been assigned to a room following surgery.