

## SURGERY INFORMATION

You will receive a call or text within the 2 business days after your appointment from our surgery scheduler, to confirm she received your consent and explain the next steps. If you haven't heard from her within the 2 business days, you may call her at 801-418-0912. **Please make sure the front desk receptionist has an up-to-date copy of your insurance card and an updated phone number.** We call insurance for all surgeries and procedures to see if prior authorization is required. Please keep in mind that if a prior authorization is needed this process can take a few weeks and if denied and we need to appeal the decision, this can take the insurance company anywhere from 5-30 calendar days. (Select Health always requires 30 calendar days for appeals).

Please be aware that every patient is required to make a deposit/pre-payment towards their surgery/procedure based on benefits of their insurance plan.

Surgeries and procedures can be performed at the following locations:

- Timpview Surgery Center: 1175 E 50 S #101, American Fork, UT 84003, (801) 492-5994
- American Fork Hospital: 170 N 1100 E, American Fork, UT 84003, (801) 855-3300
- Timpanogos Regional Hospital: 750 W 800 N, Orem, UT 84057, (801) 714-6000

### BEFORE SURGERY

- No eating or drinking 8 hours prior to surgery.
- Please note, the facility where your surgery or procedure is being performed will contact you the day before your surgery and will let you know what time to arrive and if any other preparations are needed.

### MINIMALLY INVASIVE HYSTERECTOMY POSTOPERATIVE INSTRUCTIONS

- No heavy lifting/pushing/pulling for 6 weeks. Do not lift anything more than 10 lbs. (such as laundry, groceries, children, pets), vacuum, push heavy doors or grocery carts, etc., for 6 weeks.
- Do not put anything in the vagina for at least 6 weeks after surgery unless otherwise instructed by your doctor (including tampons, douching, sexual intercourse, etc.).
- No bathtubs or swimming pools for six weeks or until wound is completely healed. Showering is okay. Pat your incision dry with a clean towel.
- You may return to work when you are ready if you do not lift more than 10 pounds for 6 weeks. If you have a sedentary job or work from home 1-2 weeks before returning to work is appropriate. You may return to work in 2-4 weeks if your job requires a lot of movement. Please contact your doctor if you need any return-to-work letters or medical leave paperwork to be completed. – Please no driving for the first 2 weeks following surgery.

### WOUND CARE

If you had a laparoscopic or robotic hysterectomy, you will have a few small incisions on your abdomen. There will be dissolvable stitches under your skin that do not need to be removed. If you have band aids or tegaderm on your incisions, these may be removed when you shower. If you have steri-strips (paper tape) on the incisions, these may be removed in about 1-2 weeks. It is OK to remove them if they are falling off. If skin glue is present, leave in place for at least 2 weeks.

### POST-OP PAIN

- Pain after surgery is a challenging part of the healing process. Pain may be present for weeks but should gradually get better. Increasing pain or pain that is unbearable warrants evaluation by your doctor or in the emergency department.
- Take your oral pain medication as instructed. Take with caution and do not take more than the recommended amount.
- Alternate Tylenol and ibuprofen/Motrin (if you are eligible). Each of these medications can be taken every eight hours. Try to stagger them so that you are taking something for pain every three hours
- Some pain medications can cause constipation. We recommend a stool softener (i.e. Colace) while you take these medications. It is important that you are not straining while you are having bowel movements while healing from your surgery.
- You may also take milk of magnesia or MiraLAX for constipation as directed on the bottle.

### WHAT TO EXPECT AT HOME

- Recovery from surgery is generally 2-6 weeks, but sometimes longer for more strenuous activity. It is normal to be very tired during this time.
- It is normal to have some drainage or a small amount of vaginal bleeding after surgery that would require the use of a light pantiliner. This discharge may last up to 6 weeks. The bleeding and discharge should be light and should have no odor.
- You may experience gas pain, abdominal swelling, or shoulder pain for 24-72 hours after surgery. This is from the carbon dioxide gas put into your abdomen to better visualize your organs. A warm shower, heating pad, and/or walking may help.

### WHEN TO CALL YOUR DOCTOR:

- Fever (>100.4°F or 38.0°C) or chills.
- Incision problems such as redness, warmth, swelling, or foul-smelling drainage.
- Severe nausea or persistent vomiting.
- Bright red vaginal bleeding (soaking >1 pad/hour) or foul-smelling vaginal drainage. It is normal to have a minimal amount of vaginal spotting or vaginal discharge for several weeks

- Severe pain not relieved with pain medication.
- Pain and swelling in your legs, especially if it is only on one side.
- Pain with urination, cloudy urine, or foul-smelling urine.
- Severe redness/irritation at sites where adhesive bandages were applied.
- Or if you have any other problems or questions.

**Take note:**

- Constipation is common, and you should have a bowel movement within 24-28 hours after surgery. You should be passing gas despite constipation and should be able to tolerate both liquid and solid food without nausea or vomiting. If you do not have a bowel movement within 2 days following surgery, you may take an Over-the-counter stool softener such as;  
Colace (docusate sodium) 100 mg (1 capsule) two times a day  
MiraLAX (polyethylene glycol) 17 g (1 measured capful or 1 packet) once a day.
- You will need to schedule a 2 week post operative appointment and in most cases a 6 week post op appointment in our office following surgery.
- By following the guidelines outlined by your provider you will heal more quickly.
- Your health is important to us, thank you for your trust in us to care for you.

**CALL 911 OR GO TO THE EMERGENCY ROOM IF YOU HAVE:** Any shortness of breath, difficulty breathing, or chest pain.

**OFFICE CONTACT INFORMATION:**

**801-756-5288 (Call or Text)**

\*If you are experiencing a post operative urgent need after hours, you can contact the doctor on call by calling our office number and listen till the end of the automated message to page doctor on call 24/7.

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