



WOMEN'S HEALTH ADVANTAGE

GYNECOLOGIC SURGERY: PREOPERATIVE & IMMEDIATE POSTOPERATIVE CARE

This instruction sheet gives you information about how to prepare for your surgery, as well as what to expect before, during, and after your surgery. If you have any questions or concerns prior to your surgery, please call Women's Health Advantage at **260-432-4400** during the hours of 8:30 AM to 4:30 PM, Monday through Friday, and follow the prompts to reach our Surgery Scheduling Department.

Insurance

- **Prior approval and benefits:** Our office will contact your insurance company to see if a prior authorization is needed. We will provide your insurance company with any necessary documentation to determine medical necessity and obtain this authorization. Please be aware that an *approved* prior authorization is not a guarantee of payment. It's your responsibility to become familiar with your benefits and what physicians and facilities are within your insurance network prior to surgery. If you don't do this, you may be subject to an out-of-network penalty.
- **CPT codes:** Our office will supply you with the necessary CPT (procedure) codes related to your surgery. Please call your insurance company and provide them with these codes so they may assist you in checking your benefits, as well as determining your potential out-of-pocket cost. It may be necessary for you to also contact the billing department of the facility where your surgery is scheduled to determine what they have calculated your cost to be. It's your responsibility to check with your insurance company for any potential out-of-pocket costs and deductible information prior to surgery.
- **After surgery:** After surgery, you and/or your insurance company will be billed by our office, the hospital, the anesthesiologist, the pathologist (if applicable) and any other miscellaneous providers involved in your care.
- **Self-Pay:** If you do not have insurance or your insurance will not pay for your surgery, please call our office at 260-432-4400 and follow the prompts to reach our Billing Department to arrange for a payment plan.

Family Medical Leave Act (FMLA)/Short Term Disability Paperwork

- If you need FMLA or Short Term Disability paperwork, our office will complete these forms for a nominal charge. Please request the appropriate paperwork from your employer. You can mail or drop off the paperwork to either of our office locations, or you may fax it to 260-432-2723, ATTN: FMLA/Short Term Disability Department. Please allow up to 7-10 business days for processing. If you have any questions regarding your paperwork, please call our office at 260-432-4400 and follow the prompts to reach our FMLA/Short Term Disability Department.

Medications

Starting New Medications: If you are prescribed any new medications after your surgery has been scheduled, please contact our surgery scheduling team at 260-432-4400 (Monday through Friday, 8:30 AM to 4:30 PM). We will review the medication to ensure it is safe to take prior to surgery and determine if it needs to be stopped beforehand. This helps keep you safe and avoid any last-minute cancellations.

Weight Loss and Diabetes Medications (injectable and oral): If you are currently taking medications for weight loss or diabetes — especially GLP-1 Agonists — it is important to inform our surgery scheduling team. Many of these medications must be discontinued one week before surgery, and a clear liquid diet is required the day prior. If you are using a GLP-1 agonist for diabetes, please also notify your prescribing provider of these preoperative instructions to make certain you do not need alternative management leading up to surgery. GLP-1 medications may include, but are not limited to, Exenatide (Byetta, Bydureon), Liraglutide (Victoza, Saxenda), Dulaglutide (Trulicity), Albiglutide (Tanzeum), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Rybelsus), and Tirzepatide (Mounjaro, Zepbound). Additional medications include Adipex, Phentermine, and Lomaira.

Before Surgery

You'll receive a phone call from our Women's Health Advantage Surgery Scheduling Department once your surgery orders are received and processed, at which time the information below will be discussed:

- **Surgery clearance:** Some patients require surgical clearance from their primary care provider or specialist. Whether you need this will be determined by your Woman's Health Advantage physician. This will be discussed with you by our surgery scheduling staff if it is applicable to you.
- **Preoperative testing:** All preoperative testing (ie: lab work, EKG, etc.) must be completed in the allotted time frame to avoid rescheduling your surgery. This will be discussed and scheduled by our surgery scheduling staff if it is applicable to you.
- **Bowel prep:** Most surgeries no longer require you to do a colon cleanse. However, this will be discussed by our surgery scheduling staff if it is applicable to you.
- **Medications:**
 - **Medications to take the day of surgery:** Our surgery scheduling staff will discuss taking any of your necessary medications, such as heart, hypertension, and seizure medications, the morning of surgery if it is applicable to you.
 - **Over-the-counter medications you may continue before surgery:** Sinus, allergy, antacids, fiber, iron, probiotics and cold medicine are okay to use up until the day before surgery, as long as they do NOT contain any of the below listed NSAID medications.
 - **Medications to hold prior to surgery:** Our surgery scheduling staff will discuss what medications and supplements you are to hold prior to surgery if it is applicable to you. If you are required to have medical clearance from your primary care provider or specialist, these instructions may also depend on additional directions from those providers.

- **Avoid taking all NSAIDS, such as aspirin, ibuprofen (ie: Advil, Motrin), naproxen (ie: Aleve, Naprosyn) and Excedrin, 2 weeks prior to surgery. This also includes prescription NSAIDS.** These medications can increase your risk for bleeding. Acetaminophen (Tylenol) may be used for pain up until the day prior to surgery. If you are prescribed Aspirin due to a health condition, we may defer holding instructions to your prescribing provider. Our surgery scheduling staff will discuss this if it is applicable to you.
- **Discontinue all herbs/herbal teas, oils and supplements 2 weeks prior to surgery.** These medications may increase your risk for bleeding and/or cause drug interactions with anesthesia. **PLEASE DO NOT HOLD YOUR IRON**—you may take your iron and multivitamin up until the day prior to surgery. Our surgery scheduling staff will discuss this if it is applicable to you.
- **Menses:** It's okay if you're on your period or experiencing vaginal bleeding at the time of surgery. Do not wear a tampon to the surgery facility—instead, wear a pad or panty liner.
- **Intercourse:** Abstain from sexual intercourse for 2 weeks prior to surgery. If you are postmenopausal or do not have a uterus, you may disregard this instruction.
- **Eating and drinking before surgery:** Our surgery scheduling staff will review with you the specific time you should stop eating and drinking prior to surgery. This will include avoiding all fluids (including water), food, gum, mints and candy 8-9 hours prior to your surgery start time. If you have anything outside of this parameter, *other than* taking any necessary medication that was discussed with your surgery scheduler, the anesthesiologist might cancel your surgery. It's acceptable to brush your teeth prior to surgery, as long as you don't swallow any water while doing so.
- **Smoking, alcohol, marijuana and CBD oil:** It is strongly recommended that you **stop smoking and avoid using any form of marijuana (including edibles, vapes or CBD oils) at least 2 weeks prior to surgery.** These substances can affect lung function, interfere with anesthesia, and potentially slow your healing process—even if used for pain relief, anxiety, or sleep. Clear, healthy lungs are important for your safety during anesthesia and can help ensure a smoother recovery. Additionally, you should **avoid consuming alcohol for at least 48 hours prior to surgery,** as it can increase the risk of bleeding, dehydration, and complications with anesthesia.
- **Shower with antibacterial soap:** Shower using an antibacterial soap, such as Dial, and wash your hair with your normal shampoo products the night prior **or** the day of surgery. The surgery facility may also have you wipe down with special cleansing cloths in the preoperative area. You may use deodorant, but avoid perfumes, lotions and powders.
- **Jewelry and piercings:** You will be asked to remove **all** jewelry and piercings prior to surgery.
- **Valuables:** Leave **all** jewelry, money and other valuables at home, or have your family member or representative keep them during your surgery.
- **Driver/Representative:** Have a representative with you the day of surgery that will stay at the facility during your surgery. **You will need a driver to take you home, regardless of whether you go home the day of surgery or stay overnight.**

After Surgery: Immediate Postoperative Care in the Hospital

- **Activity:** You'll get up with help to use the bathroom and/or sit in a chair shortly after surgery.
- **Pain:** Depending on the type of surgery you're having, you may have pain. Initially, your pain—which can include abdominal/pelvic pain and cramping, low back pressure, muscle aching, vaginal soreness and incisional pain—may be managed by medication given through your IV in the recovery room. If you are having pain, you will advance to oral medication prior to discharge. Depending on the type of surgery you are having, you may also experience discomfort in your neck, chest, or shoulders following surgery. This is due to the residual gas that may have been used to inflate your abdomen during the surgery and for most people, will usually dissipate within 72 hours.
- **Nausea:** Nausea is common after surgery and usually resolves within 48 hours.
- **Incisions:** Depending on the type of surgery you're having, you may have incisions. If you have small incisions, you may have absorbable sutures, surgical glue and/or steri-strips supporting the incisions. If you had an "open" or larger incision, you may have absorbable sutures, absorbable staples and/or steri-strips, along with a dressing covering the area.
- **Anesthesia:** If you had general anesthesia, your throat may be dry, scratchy or painful from the tube that was used to keep your airway open during surgery. To relieve this discomfort, you may suck on ice chips, sip fluids as tolerated, or use throat lozenges.
- **Home:** You may go home the same day as your surgery or stay 1–2 nights depending on what type of surgery you're having and how you're doing afterwards.

Please refer to the Aftercare Instruction Sheet for detailed post-operative care instructions specific to your procedure. Aftercare instructions will also be reviewed with you, and a written copy will be provided at the hospital or surgical facility for your reference.

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