



CAPITAL
WOMEN'S
CARE

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PRE-OPERATIVE INSTRUCTIONS FOR ELECTIVE SURGERY

NO SOLID FOOD OR LIQUIDS AFTER MIDNIGHT or 8 HOURS PRIOR TO SURGERY.

STOP taking **ASPIRIN, ASPIRIN PRODUCTS, or IBUPROPHEN** seven days (7) prior to your surgical procedure. **ONLY take Tylenol.** If your medical condition requires you to take any medication the morning of your surgery, you may do so with a small sip of water otherwise follow any medication instructions which may have been given to you by the anesthesiologist the day of surgery.

Do not wear any makeup, jewelry or bring money or credit cards with you to the center.

If you are scheduled to go home after your procedure, you must have a responsible person to drive you home (taxi service home is not permitted, unless with another adult accompaniment) **Do not drive within 24 hours following anesthesia.**

After surgery you will be in the recovery room where you will receive constant care. As the anesthesia wears off you may experience sounds louder than usual, blurry vision, dry mouth or chills. Your blood pressure will be checked periodically and you may have an IV or other tubes in place. If you experience pain, do not hesitate to ask your nurse for pain medication.

After recovery you will be given printed discharge instructions for your use at home.

DISCHARGE: Because patients are going home after surgeries on the same day, it is important to ask questions about home care.

The following activities will help speed your recovery process:

Walking – be sure a nurse helps you the first time you get out of bed.

Deep Breathing & Coughing – this is very important; it expands the lungs, aids circulation and helps prevent pneumonia.

Please bring insurance cards and I.D with you when you come to your appointment.

If you have any questions or concerns prior to your procedure please contact Maura Mejia, Surgical Scheduling Coordinator at 301-681-9101 ext 109 or by email at mmejia@cwcare.net

SPECIALIZING IN OBSTETRICS, GYNECOLOGY AND INFERTILITY

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