

IMPORTANT REMINDERS:

- NO FOOD OR DRINK AFTER MIDNIGHT THE EVENING BEFORE SURGERY**
- COVID-19 TESTING done 3 days prior to your surgery (we will schedule it)
- You need to get PST approximately 7-10 days prior to surgery date (done at 2048 SUNRISE HIGHWAY, BAY SHORE, NY 11706 for Southside Hospital cases or at the hospital itself for all other Hospital cases)
- You need clearance from your PCP
- You need clearance from specialists
- You must do the bowel prep and clear liquid diet the day before surgery
- You need antibiotics the day before surgery
- All pre-operative testing and/or clearances must be completed and faxed to (631) 376-0099 three days prior to your procedure date

Our Physicians are affiliated with:
Northwell Health Southside Hospital
(631) 968-3000

Northwell Health Huntington Hospital
(631) 351-2000

Northwell Health Plainview Hospital
(516) 719-3000

JT Mather Memorial Hospital
(631) 473-1320

South Shore Surgery Center
(631) 647-5550

**You may reach our surgical scheduler
at (631) 894-1031**



*Specialists in Gynecologic Oncology
& Minimally Invasive Surgery*

Benjamin Schwartz, MD, FACOG, FACS

Anze Urh, MD



DONALD AND BARBARA
ZUCKER SCHOOL of MEDICINE
AT HOFSTRA/NORTHWELL

PERI-OPERATIVE INSTRUCTIONS

Northwell Health Physician Partners
Gynecologic Oncology
404 Potter Boulevard
Brightwaters, NY 11718
Phone: (631) 376-0055
Fax: (631) 376-0099

www.islandoncology.com

Surgery

Our physicians have recommended surgery for the treatment of your medical condition. Now what?

We understand you may have many questions and concerns. The information provided here is a general guideline for our patients requiring surgery.

There is a lot of helpful information here that may help answer some of your surgery questions. Please read it carefully for answers and information. Please be aware this is not a complete resource for your surgery. If your physician or any of our clinical staff provides you with other information, please refer to the information provided by the clinician.



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Scheduling

Our office will coordinate scheduling your surgery with the hospital and the assistant surgeon, if needed.

You will receive a call from our surgical scheduler within the next 2-4 business days.

We will contact your insurance company for any authorization needed for surgery.

Approximately 7-10 days prior to your surgery, you will need to go to the hospital for pre-surgical testing.

The testing usually consists of an EKG, chest x-ray and blood work. The hospital will contact you for this appointment once your surgery is booked.

Following your pre-surgical testing and before your surgery, you will need pre-operative clearance from your primary care physician (and possibly a specialist if you have certain ongoing medical conditions). Please contact your clearing physician(s) to schedule this appointment as soon as you know your pre-surgical testing and surgery dates.

The hospital will contact you the night before the surgery to let you know what time you need to arrive.

You may reach our surgical scheduler at (631) 894-1031

Bowel Preparation

PLEASE FOLLOW THESE INSTRUCTIONS

No food or drink after midnight the evening before surgery.

The day before your surgery, you **MUST** be on a **CLEAR LIQUID** diet.

For example, a clear liquid diet includes: water, broth, seltzer, jell-o (avoid dark red jell-o), coffee or tea (no milk), apple juice and ginger ale.

The day before your surgery, you must drink two 8oz. bottles of **Citrate of Magnesia** (available at any drugstore over the counter).

Drink the first bottle at
12 noon
the day before surgery

Drink the second bottle at
4pm
the day before surgery

Some patients will also be required to take 2 prescription antibiotics (along with the clear liquid diet and citrate of magnesia) the day before surgery, which we will send to your pharmacy.

Neomycin 1gm 3 times per day
Flagyl 500mg 3 times per day

Post Operative Instructions for surgeries/procedures

PAIN FOLLOWING ABDOMINAL SURGERY

It is common to have generalized aches, pains and soreness for 1 to 3 weeks after surgery, especially around your abdomen and pelvis. Recovery time can be from 4 to 6 weeks depending on the extent of surgery. You may experience gas pain, bloating and/or constipation for approximately two weeks after surgery.

PAIN FOLLOWING VAGINAL PROCEDURES

Menstrual type cramps and pain in the pelvis are normal after D&C, LEEP or cone biopsy.

ALL SURGERIES/PROCEDURES

You may also have a sore throat from anesthesia. If your surgery or procedure requires it, you will be given prescription pain medication before you are discharged home.

Some patients will require an injection of an anticoagulant (lovenox) once or twice a day for approximately 1 month following surgery. If needed, we will issue the prescription before your discharge home. You may experience discolored urine (blue or green) following your procedure.

DIET

Drink plenty of liquids and eat lightly for the first two days after surgery. Avoid spicy or greasy foods. If you experience nausea or vomiting, resume clear liquids until these symptoms subside.

VAGINAL BLEEDING

You may notice a bloody vaginal discharge for several weeks after surgery. You may use pads, but do not douche or use tampons.

ACTIVITY

Rest for the first day after your surgery. You may shower normally and gradually return to normal activities. Avoid heavy lifting for 6 weeks following surgery. You may drive when you no longer require pain medication.

Following surgery, you must postpone intercourse for 4 weeks.

For D&C, LEEP or cone biopsies, intercourse is permissible three weeks after surgery or once your bleeding has stopped.

FOLLOW UP

Your first post-operative visit should be one week after discharge from the hospital with our physician assistant. Two weeks after surgery, you should follow up with the physician.

Please call the office at
(631) 376-0055 to schedule your appointments.

PROBLEMS

Call the office if you develop fever greater than 100.4, excessive vaginal bleeding (i.e. soaking more than one pad an hour), excessive pain, pus or marked redness of any wounds, problems with urination, or persistent nausea or vomiting, or any other concerns.

PLEASE FEEL FREE TO CALL OUR
PHYSICIAN ASSISTANT WITH ANY
QUESTIONS OR CONCERNS.
IT IS ALWAYS OUR PLEASURE TO BE
OF ASSISTANCE.

Wound Care Instructions

If you had either an open (laparotomy) or closed (laparoscopic) surgery, you will have incisions or wounds that may require care.

OPEN (LAPAROTOMY)

For open (laparotomy) surgeries, your incision will be closed with staples that will be removed, or stitches that will dissolve. If there are any tape strips to support the edges of your incision, leave them on until they peel off (about 1 week). If there is gauze dressing over the incision, you may remove it at your first bath. You may gently wash the incision with soap and water; do not rub.

CLOSED (LAPAROSCOPIC)

For closed (laparoscopic) surgeries, you will have either "hidden" stitches beneath the incisions that will dissolve in time or visible stitches that will be removed at your post-operative visit. There may be bruising over your lower abdomen.

Disability Forms

Your employer may require disability forms to be completed for your time out of work. Please provide our office with any forms your job requires. Please be advised the forms cannot be completed until AFTER your surgery or procedure.