

**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

St. Charles Hospital  
(631) 474-6000

South Shore Surgery Center  
(631) 647-5550



*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](http://www.islandoncology.com)



**Benjamin Schwartz, MD, FACOG, FACS**

**Anze Urh, MD**

## 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) 376-0055 ext. 108

## Bowel Preparation

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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

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### 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

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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

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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.