



All offices phone: (260) 432-4400  
Surgery Scheduling ext: 6304

[www.heradvantage.com](http://www.heradvantage.com)

**Your surgery is scheduled for:**

**Date:** \_\_\_/\_\_\_/\_\_\_ **Day of week** \_\_\_\_\_  
**at**

Adams Memorial Hospital

Dupont Hospital

Dupont Hospital Ambulatory  
Surgery Center

Lutheran Hospital

Paulding County Hospital

Parkview North Hospital

Other \_\_\_\_\_

You need to stop eating and drinking at \_\_\_\_\_ a.m./p.m.

**Your arrival time is \_\_\_\_\_ a.m./p.m.**

Your surgery is scheduled to start at \_\_\_\_\_ a.m./p.m.

## **Outpatient**

Cervical cerclage  
Dilation and curettage (D&C) with or without hysteroscopy  
Endometrial ablation (Novasure or Thermachoice)  
Essure sterilization  
Hysteroscopy  
Laparoscopy (diagnostic or operative)  
Laparoscopic tubal coagulation (tubal ligation)  
LEEP procedure or cervical conization  
Perineal or vaginal surgery  
Polypectomy or hysteroscopic polypectomy  
Resectoscopic myomectomy

For more information on these and other surgeries and procedures, please visit our website at [www.heradvantage.com](http://www.heradvantage.com) . If you are unable to access the Internet, please request information pamphlets.

If you have not already done so, we invite you to sign up on our website to utilize the Patient Portal before and after surgery. This is available to you as a time-saving and convenient alternative to calling and leaving a voice message for us.

The Patient Portal on our website is not to be used in case of emergency. For an emergency, you are advised to call 911 or go to the emergency room of your choice.

## **Insurance:**

1. Our billing office will call your insurance company to see if prior authorization/precertification for medical necessity is required. We can provide the necessary medical information to obtain prior authorization/precertification; however, the above is never a guarantee of benefits or payment.
2. Please provide our office with a current insurance card and your surgeon's charges will be filed directly with your insurance company. We are participating providers in many insurance plans; but, if there is any question, please call your insurance company.
3. It is up to you to become familiar with what physicians and facilities are within your insurance network. If not, you may be subject to a substantial penalty.
4. Individual policies vary and are subject to exclusion of some types of procedures such as sterilizations. It is advisable to understand what your policy covers (such as a second opinion) or, if in doubt, call your company and ask. Record who and when you talk with someone for possible future reference.
5. After surgery, you and/or your insurance company will be billed by our office, the hospital, the anesthesiologist, the pathologist (if specimens sent) and other miscellaneous providers involved in your care.
6. It may be necessary for you or a family member to call and notify your insurance company if you would need to be admitted as an inpatient.
7. If you do not have insurance or your insurance will not pay for your surgery, please call our billing department at 260-432-4400 to arrange a payment plan.
8. Our office has a standard form for FMLA or short term disability we will complete for you for a nominal charge. Please contact Jyl at ext. 6412 for any questions.

### Before surgery

1. Someone from the facility where you are having surgery will call you to schedule your preadmission testing or you will be given a lab slip for your pre-surgery testing. To avoid pregnancy, abstain from sexual intercourse for 10 days prior to testing until after your surgery. If you have had a sterilization procedure done or are postmenopausal, you may disregard this instruction.
2. Some of our patients will require a surgical clearance from their personal physician. This is determined by your doctor at Women's Health Advantage and we will be in contact with you if he/she requests it.
3. If having laparoscopy, laparoscopic surgery or the Essure sterilization procedure done, please give yourself a Fleet enema the evening before. Follow the directions on the package; however, you may sit on the toilet to administer.

### Medications

1. **Avoid aspirin, ibuprofen (such as Motrin or Advil) and naproxen (such as Aleve) containing products for two weeks prior to surgery.** These medications can increase your bleeding time. If you are on any blood thinning medication, please notify our surgery nurses and check with the physician who orders this medication to see when the medication needs to be stopped pre-operatively. Acetaminophen or Tylenol is fine to use for pain relief.
2. Please discontinue any herbs or supplements **other than a multivitamin or iron for two weeks prior to surgery.** Fish oil, flaxseed oil and vitamin E will increase your bleeding time. Other herbs or supplements may alter or enhance the effects of anesthesia.
3. Please discuss taking any of your necessary medications, such as hypertension medication, with the surgery nurse or call with any changes to your regimen to determine if you need to take them the day of your surgery. **If you have anything to eat or drink, this includes chewing gum or sucking on mints, within the 8 hour period before surgery, other than minimal sips to take necessary medications, the anesthesiologist will cancel your surgery.**

### In addition:

1. It is recommended that you stop smoking 2 weeks before surgery. Healthy, non-irritated lungs will be to your benefit with anesthesia and during recovery.
2. Please avoid alcoholic beverages at least one day before your surgery.
3. Plan on being at the facility for 1-3 hours after your surgery time; actual time of dismissal will be individual.
4. You must have a driver to take you home.
5. Please shower using an antibacterial soap and wash your hair the day before surgery. The facility may ask you to use a specific cleansing cloth instead of the antibacterial soap. You may use deodorant. Please avoid perfumes or smoking.
6. You should wear comfortable clothing to the surgery facility.
7. Report to the patient registration desk at your scheduled arrival time.

**After surgery:**

1. As you recover from the anesthesia, you will be offered ice chips, Sprite or water before you go home. When fluids are tolerated, you will gradually progress to your usual diet. If you are nauseated, have only clear liquids until the nausea subsides.
2. It is normal to be dizzy and/or sleepy for several hours after your surgery. Plan to go home and rest or sleep most of the day.
3. You should not drive for 24 hours after surgery, or longer if directed by your physician.
4. You may have occasional uterine cramping, vaginal bleeding, watery discharge and/or generalized muscle aching. These symptoms should gradually decrease. Use the pain medication sent home with you from the hospital. If no prescription pain medication was ordered, you may try ibuprofen 600mg every six hours as needed or Tylenol Extra Strength as directed. Be aware that most prescription pain medication contains acetaminophen (Tylenol); consult your physician or pharmacist before using any additional acetaminophen with your prescription medication.
5. If you had laparoscopic surgery, you may have mild discomfort in your shoulders, neck or upper chest. This is caused by the gas used to inflate the abdomen during surgery and usually resolves within 48-72 hours. This is often relieved by lying down with your chest and shoulders at the same level or lower than your hips.
6. You may notice your abdomen is puffy or bloated. This usually lasts from 1-2 weeks and will gradually resolve.
7. **Do not have intercourse, use tampons or douche for at least one week or until the bleeding has stopped, whichever is longer. If you had a conization of the cervix or a LEEP procedure done, this restriction is for four weeks.**
8. Light or intermittent light bleeding is normal for 1-3 weeks post operatively. If you had an endometrial ablation, you may experience a watery discharge for several weeks after surgery.
9. If you had an Essure sterilization procedure, remember to use another method of birth control for 3 months until your follow up hysterosalpingogram (dye test). Call the office with the start of your period, after 90 days have passed, and we will schedule your test at the hospital.
10. Shower as soon as desired. Tub baths may be resumed after the bleeding has stopped.
11. You may have your menstrual period at the normal time or it may come early, late or skip a month. If you had an ablation, you may still have a light to moderate flow. Keep a record and discuss this at your post op visit.
12. If a conization of the cervix or a LEEP procedure is done, please avoid heavy lifting (over 15 pounds) for at least one week.
13. With some exceptions, you will have approximately one week off of work, although 2-3 days are usually adequate for most.
14. If you had specimens taken at the time of surgery, you may inquire about the pathology results after 7 business days. You may also wait and review them with your doctor at your post op visit.

**Please contact us either through the internet communication portal at [www.heradvantage.com](http://www.heradvantage.com) or by phone if:**

1. Excessive vaginal bleeding, such as soaking a pad an hour or passing large clots.
2. Any fever over 100 degrees or flu like symptoms, associated muscular aching, headache, or general feeling of ill health.
3. Any problems with urination, such as burning, frequency and/or urgency or any problems with emptying your bladder.
4. Foul or discolored vaginal discharge.
5. Any excessive redness, tenderness, or swelling at incision sites (laparoscopy).
6. Any foul incision drainage—however, minimal amounts of clear yellow fluid can be normal for healing.
7. Excessive pain that is not getting better.

**If at any time you need to call the doctor after hours, please call the office at 260-432-4400 and you will be transferred to the answering service. If you haven't received a return call within one-half hour, please place the call again. In case of emergency, go to the hospital emergency room approved by your insurance.**