

Women's Preventive Healthcare

Sumeeta M. Nanda M.D.

Hoda H. Maarouf, M.D.

Patient Name: _____ Surgery: _____

Date & Time of Surgery: _____ Time of Arrival: _____

Location

Baptist Medical Center (Main Hospital)
3300 NW Expressway
(1st floor-Outpatient. East Side of Hospital)
Oklahoma City, OK 73112

Summit Medical Center
1800 S. Renaissance Blvd
Edmond, OK 73013

Summit Surgery Center of Oklahoma
14000 Portland Ave., Ste. 100
Oklahoma City, OK 73134

In Office
3435 NW 56th Street
(Building A, Suite 404)
Oklahoma City, OK 73112

Instructions:

1. Do not eat or drink **anything** after midnight the night before your surgery. This includes water, candy and gum.
2. Do not take any aspirin or products containing aspirin for one week prior to your surgery. This includes Anacin, Bufferin, Ecotrin, and Alka-Seltzer. Tylenol is okay. Do not take any herbal supplements 1- week prior to surgery. Stop taking Phentermine or any diet pills/supplements 2- weeks prior to surgery.
3. You must have someone drive you home and stay with you during the first 12-24 hours after being under general anesthetic (if you are released to go home on the same day).
4. If you are taking any medication, bring them with you to surgery. (This helps with questions regarding present medication)
5. Please bring your insurance card and a list of all routine medications with you to the hospital.
6. Please call our office at 405-946-4735 if you have any questions.

Note to all patients of childbearing age: If on the day before your surgery, you have not started a period at the normal time; or if for any reason you believe you could be pregnant.

Notify our office immediately.

3435 NW 56th Street, Suite 404, Oklahoma City, Oklahoma 73112
405-946-4735 Fax: 405-946-4874

Women's Preventive Healthcare

Sumeeta M. Nanda M.D.

Hoda H. Maarouf, M.D.

Major Surgery POST-OPERATIVE INSTRUCTIONS

Expect to be hospitalized 24-72 hours.

1. Follow-up: Call the office at 946-4735 and make an appointment for a 6-week post-operative check-up.
2. Exercise: You may walk as much as tolerated, but do not resume any exercise routines until after your post-op visit.
3. Medication: The discomfort you feel following your surgery may be relieved by over the counter pain relievers, such as Tylenol. However, you will be give a prescription for a pain medication that may be filled if necessary. Following your surgery, it is common to experience some fatigue and lower pelvic or vaginal discomfort. If you have tried the prescription pain medication and it is not effective, please call our office. Also for constipation prevention and treatment:
Metamucil 2 capsules 3 times each day.
Colace 100mg. 1-2 times each day.
Ducalax suppositories if needed only.
4. Sex: Do not have sexual relations until it has been cleared by your physician.
5. Incision Care: Examine your incision daily. Call our office if you notice any drainage or redness.
6. Concerns: Call the office at 946-4735 if any of the following conditions occur:
 - a. Temperature over 100 degrees
 - b. Pain unrelieved by medication
 - c. Difficulty or inability to urinate
 - d. Redness swelling or extreme tenderness of operative site.

3435 NW 56th Street, Suite 404, Oklahoma City, Oklahoma 73112
405-946-4735 Fax: 405-946-4874