

Dr Kevin Windom's Surgical & Post Operative Recovery Information

Robotic Myomectomy/Fibroid Resection- up to 2 weeks recovery, earlier return is allowed if desired - no lifting over 25 lbs x 6 weeks

Total Abdominal/Laparoscopic/Supracervical Hysterectomy/Uterosacral

Ligament Suspension- up to 6 weeks recovery, no lifting over 25 lbs x 6 weeks, no driving x 1-2 weeks while on pain meds, limit stairs x 2 weeks recommend light activity x 2 weeks. If you feel you need assistance during recovery, the first week is sufficient.

Nothing intravaginally x 6 weeks (no intercourse- only prescribed creams/antibiotic creams allowed)

Diagnostic Laparoscopy/ Ablation of Endometriosis- up to 2 weeks recovery depending on findings at time of surgery- clear liquid diet/bowel prep is sometimes required prior to this surgery.

Novasure Ablation- usually performed on a Friday and back to normal activities on Monday

Bilateral Tubal ligation/Bilateral Salpingectomy- 1-2 weeks recovery

Ovarian Cystectomy/Dermoid Removal- recovery 1-2 weeks avoid strenuous activity and no lifting over 25 lbs x 6 weeks

Diagnostic Laparoscopy/Cystoscopy/ Hydrodistention -- 1-2 weeks recovery

Dilation & Curettage- 1 week recovery

Labiaplasty- up to 6 weeks recovery- avoid strenuous activity during recovery

Cystocele/Rectocele/Enterocoele/ Perineoplasty/Sacrocolpopexy/Colpocleisis/ Trans Vaginal Tape Sling/Trans Obturator Tape Sling- recovery up to 6 weeks, no lifting over 10 lbs x 6 weeks, no driving x 1-2 weeks while on pain meds , limit stairs x 1-2 weeks nothing intravaginally /or rectally x 6 weeks. Use ice packs after Perineoplasty 1-3 days after surgery ,then warm baths.

****For any surgery that involves urinary incontinence/leakage, you are required to schedule a URODYNAMICS TEST-** this is a bladder nerve function test and will inform Dr Windom which sling will work best to remedy your urinary incontinence. This test is usually scheduled early Tuesday mornings in our office. This test needs to be completed **BEFORE** your pre op appointment as the results will be reviewed at that time with you.

****Stool softener x 2 weeks while on pain meds, take as directed on label-** clear liquid diet/bowel prep will be given at pre op along w/ post operative medications needed so you can fill and have at home upon discharge. Meds consist of narcotic for pain, anti-inflammatory and possibly an antibiotic or nausea medication. Additional instructions and post operative concerns will be provided at your pre operative appointment.

If you are required to do bowel prep, it is **NOT UNCOMMON** to **NOT HAVE A BOWEL MOVEMENT** x 5-7 days after surgery as colon will be clear. Please hydrate and drink plenty of water during this time as pain meds will constipate you. If you have not had a bowel movement by day 7, you may take Miralax as directed on bottle- avoid straining during this time.

****Some patients may be discharged w/ an indwelling urinary catheter due to intravaginal swelling limiting the bladder from emptying. If you go home w/ a catheter, you will also have an antibiotic to take x 7 days to prevent UTI while catheter is in place. The catheter is usually removed 1 week after surgery. You will need to schedule this appointment with our office and the removals are scheduled on Tuesday mornings. To schedule a catheter removal call our office 770 422 8700. The morning of removal, you will need to empty catheter upon waking and plug catheter 2 hours before arrival to office as bladder needs to be full when catheter is removed.**

FMLA paperwork can be faxed to 770-425-7601 Attn: Amy/Angela, please allow 7-10 business days to complete, There is a \$25 fee to complete FMLA paperwork that can be paid over phone or at your pre op appointment . There is an additional \$10 fee to rush paperwork . Please note: We DO NOT approve intermittent FMLA. If you need to e mail, please call the office, 770 422 8700 , to receive a portal invite and submit via our office portal which can only be accessed via an invite (which may show up in your spam e mail as myhealthrecord.com).

****At your pre op appointment, Dr Windom will answer any and all other questions you may have. He will review expected time surgery will take, how the surgery is performed, risks/complications, where to check in etc. If you have specific questions, please make a list and bring to this appointment to address at that time.**

Melissa is our Surgical coordinator and will contact you 7-10 BUSINESS DAYS AFTER the decision between Dr and patient have been made to proceed w/ surgery. Melissa schedules for ALL of our Dr's and will be in touch with you in this time period, so please be patient as she is very busy- if you have not received a call by the 10th business day (no sooner), please reach out to her 770 422 8700 x4116.

****If your surgery is scheduled in the Main OR- you will be instructed to go for Covid testing at the time of your pre op appointment. If surgery is in the Kennestone Outpatient Pavillion- no Covid testing required.**

****The hospital's pre-admission team will contact you 1 week to a few days prior to surgery to discuss any medications you may need to continue or stop prior to surgery. If you need to speak to them sooner, you may call 770 793 5239 for Main Hospital OR and 470 793 0129 for Kennestone Outpatient Pavillion.**

****If you need a surgical clearance for any reason, this is your responsibility to schedule and provide us w/ the clearance prior to your surgery. Clearance can be faxed to 770 425 7601.**