



# Pre & Post - Operative Instructions for Surgery

## Getting Ready for Surgery

### One week before your operation:

- Discontinue any herbs or non-vitamin supplements. Some herbs such as St. John's Wort might interact negatively with anesthesia medications. Others may make you bleed more during surgery or afterwards.
- Do not take any aspirin, ibuprofen (Advil) (Motrin) or naprosyn (Aleve). These medications can increase the risk of bleeding. It is safe to take acetaminophen (Tylenol) as this medication does not affect the risk of bleeding.
- It is safe to take over the counter cold medications that do not contain ibuprofen or aspirin, as well as over the counter sleep medications and vitamins.
- Keep your alcohol intake to a minimum – and stop 2 days prior to the surgery.
- If you smoke: It is recommended you stop smoking 4 weeks prior to your surgery and for certain the week prior if possible.

### One day before your operation:

Please make sure to drink plenty of fluids the day prior to surgery. Keeping yourself well hydrated improves your post-operative course. You can eat normal, but we recommend you not eat a very large, heavy meal at dinner the night before surgery.

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## Eight hours before your operation:

*This is very important!*

DO NOT eat anything for eight hours before your scheduled procedure.

*Why is this so important?*

You will receive a general anesthetic. This means you will no longer have a gag reflex. If the stomach has increased gastric juices (which are stimulated by food & fluid), those acidic gastric juices can reflux up the esophagus and go down the air pipe (trachea).

Since you will not be able to cough it up, it can cause a serious chemical pneumonia. This is a standard precaution for all general anesthesia operations.

## Two to three hours before your operation:

*Drink one of the following drinks, the Ensure Pre-Surgery is preferred but maybe hard to find:*

Ensure **Pre-Surgery** – DO NOT DRINK REGULAR Ensure

32 ounces Gatorade CLEAR/FROST regular, not sugar free

16 – 20 ounces of Pedialyte Classic.

## What can I expect the day of my operation?

### Coming to your surgery

- You will be asked to arrive at the hospital two hours before the scheduled procedure.
- Wear something comfortable and loosely fits around your waist.
- Do not bring any valuables such as jewelry with you.
- Bring something light to read in case you have some waiting time. It might also help you relax.
- Be sure to bring your insurance card and a photo ID.
- Be sure to have a family member or friend come with you.

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## When you arrive for your surgery

- When you arrive, the hospital will admit you and ask for your health insurance and personal information. The hospital will also ask you for your family member or friends contact information.
- You and your family member or friend will be escorted to the pre-operative area where a nurse will greet you and ask for additional medical information.
- You will be asked to undress completely and given a hospital gown to wear.
- You will be given a cap to cover your hair.

## During your preoperative time

- The nurse will start an **IV**: this stands for **Intravenous** line. It is a plastic tubing that is inserted into a vein in your arm.
- Fluids will be administered through the IV to keep you hydrated.
- Dependent on the type of surgery you may get Celecoxib, gabapentin and Tylenol to take by mouth prior to the surgery.
- In the pre-operative area, you will meet your anesthesiologist. He or she will review your history to determine the right anesthesia for you.
- Your Doctor will also see you in the pre-operative area to answer any additional questions and go over the procedure with you once more.
- Your family member or friend can stay with you until it is time to go into the operating room.

## What can I expect after my operation?

- You can go back to a normal diet the day of surgery.
- **Please take Milk of Magnesia 2 tablespoons or MiraLax in the morning every day for 3 days to help get a bowel movement, if you have a bowel movement you can stop.**
- **If you do NOT have a bowel movement by day 3 at home, then do a Dulcolax rectal suppository. If that does not work, please call the office for further instructions.**
- Coffee can also help get a bowel movement.
- You may also use a stool softener to help the bowel movements such as Colace.
- You may go up and down stairs but try not to do it often.
- Getting up and walking and moving as much as possible is important since it helps decrease post-operative complications.
- No heavy lifting greater than 10 pounds prior to your post-operative visit.
- You may shower the next day.

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- No driving if you have had a laparoscopy or major vaginal surgery until your post-operative visit.

## When to call the office? 702-366-1268

- You may have some spotting, that is normal.
- If you have heavy bleeding like a period.
- If you have a fever above 101.5 degrees.
- Nausea and vomiting, where you cannot hold any food down.
- Severe abdominal pain that is not controlled with the pain medications prescribed to you.
- Leak fluid or blood from the incision or if the incision opens.
- Develop swelling, redness or pain in either of your legs.
- Develop a rash.
- Have pain with urination.

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