

# Patient Instructions for Minor Procedures

We recognize that most patients are worried and nervous before their surgery. Knowing what to expect and having your questions answered before the surgery can often reduce that anxiety. The information below should answer some of the most common questions about your surgery.

## Preoperative Instructions

- Avoid taking aspirin, ibuprofen, naproxen, Goody's powder, or any other over-the-counter pain medication (except acetaminophen) for five days prior to your procedure.
- Do not eat or drink anything after midnight on the evening prior to your procedure. This includes coffee, candy, gum, etc. You can drink water or plain Gatorade. This precaution is done to ensure that your stomach will be completely empty and help prevent complications while you're under anesthesia.
- A family member may stay with you in the pre-procedure room. Your physician will speak with you and answer any last-minute questions. You will be asked to sign a consent form for the procedure. If you have any questions about this form, please ask your physician.
- If you take any medications, please ask your physician at your preoperative visit whether you should take them on the day of your procedure.
- A family member must be with you to drive you home and monitor your status on the day of your procedure.

## Postoperative Instructions

- Following your procedure, you will spend about two hours recovering prior to being released. When you have completely recovered and can tolerate liquids, you will be discharged home.
- On the day of the procedure, you should limit your activity. Please consult with your physician about when you can return to work and normal activities.
- Diet is important in helping you regain your strength and rebuild tissues. Initial meals should be simple, such as soup, sandwich, Jell-O, etc. However, you should return to a normal diet as soon as possible after surgery. If your diet does not include three balanced meals per day, it may be helpful to take a vitamin and mineral supplement. Many such supplements are available over the counter.
- Following your procedure, you may experience vaginal bleeding or spotting. This may last for several days. If it becomes heavier than your normal menstrual period, please contact us. Your period should begin at its expected time.
- You may shower as desired. Discuss with your doctor whether bathing is appropriate.
- You may experience abdominal pain or cramping, which will gradually get better over the next 2-3 days. It should be relieved by a mild over-the-counter pain reliever. You may apply a heating pad or ice bag as desired for comfort. Please call the office if you have increasing pain in the postoperative period.

# Patient Instructions for Minor Procedures

- You may experience mild constipation following your surgery. Surgery, in combination with opioid pain medications can result in delayed bowel activity. Your daily intake should include at least 6-8 glasses of water. We also recommend adequate fiber intake of green leafy vegetables, salads, and fiber supplements. If you have not had any bowel activity within five days of your procedure, please use Miralax laxative and contact your doctor's office.
- In some cases, you will be given a follow-up visit appointment with your physician. This appointment should be within 2-4 weeks of your procedure. At this time, your physician will discuss the findings of the procedure with you in more detail and work with you to make plans for further therapy. In some cases, a follow-up visit is not required.
- If you have any questions prior to this appointment, feel free to contact one of the nurses in the office. They will be more than happy to address your questions and concerns.

Physical Address: 1700 6th Ave. S.

Mailing Address: 176F, Ste. 9103, 619 19th S. S., Birmingham, AL 35249

Phone: 205-996-3130 | Fax: 205-996-3170