



Florida Gynecologic Oncology

Zoyla Almeida, M.D., F.A.C.O.G

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Pre-operative & post-operative instructions

At Florida Gynecology Oncology & Robotic Surgery, we understand the decision to have a surgical procedure can be a major event in your life. We also realize that you may have many questions before and after your surgery. That's why we provide pre-operative and post-operative instructions and information to better prepare you for your procedure.

General pre-operative instructions

You will have an appointment with Dr. Zoyla Almeida prior to surgery (within 30 day from surgery) to review details and finalize consents.

No eating/drinking after midnight the night before surgery. Approved medications taken the day of surgery can be taken with a sip of water.

The facility/hospital will call you 1-2 days before surgery to confirm the time of surgery.

You may meet with, or have a telephone interview with, someone from the anesthesia department prior to surgery. They will let you know if you should take any of your home medications the morning of surgery.

One week prior to your surgery stop taking Oral Contraceptives (Birth Control Pills).

7 days prior to your surgery you should stop taking aspirin or Ibuprofen products (you may use Tylenol if needed), and stop taking all over the counter vitamins and/or supplements.

Blood thinners are typically held for 48 hours. Make sure to ask your doctor or cardiologist for instructions on stopping Plavix or Coumadin, and when you can safely resume taking them.

General Post-Operative Instructions

You may have some abdominal pain, bloating and right shoulder pain in the first 24-48 hours. This is caused by the gas used to inflate the abdomen during surgery.

Avoid heavy lifting (anything over 5 lbs.) and all strenuous activities until seen at post-op.

Avoid intercourse, douching or tampons until seen by your surgeon postoperatively.

Avoid driving for 2 weeks after hysterectomy.

You may shower 2 days after surgery. The bandages covering the belly button may be removed after 48 hours. Please be sure to leave the small steri-strips in place. They will look like small pieces of tape. We will remove those in the office at post-op. Should they fall off, do not be alarmed you can contact the office and we can provide replacements or you can purchase at your local Walgreens/CVS.

Make sure to keep your incision dry. Do not apply any type of creams, lotions or Neosporin to the incision.

Take pain medications as prescribed by your doctor. If you become constipated, you may take Colace twice a day, Miralax, or milk of magnesia.

Call if you have a fever greater than 101.1, heavy bleeding, pain not controlled by your pain medications, severe nausea/vomiting, redness around the incisions, drainage from the incision, or any other concerns.

Follow-up in the office within 2 weeks after the procedure, unless your doctor asks to see you sooner.

***As always, if you have any questions, please do not hesitate to call us
954-420-9182***

Surgery center locations:

Northwest Medical Center – 2801 N. State Road 7 Margate – FL, 33063

Coral Springs Medical Center – 3000 Coral Hills Drive Coral Springs – FL, 33065

West Boca Medical Center – 21644 State Road 7 Boca Raton – FL, 33428

Park Creek Surgery Center – 6806 N State Road 7 Coconut Creek – FL, 33073