

Patient information for surgery under general anesthesia

Patienteninformation zur Operation in Narkose (englisch)



Dear patient,

during your medical consultation you got already a lot of information. Here we summarize important information, which make it easier take care of you on the day of operation and which will increase your safety.

Study all information carefully. If you have any questions, note them down and bring them with you on the day of operation. We will take time to answer all your questions and clear all ambiguities.

Before surgery:

- Make sure that we have your correct telephone number which allows us to get in contact with you anytime.
- Look for an adult accompanying person which will fetch you at our clinic after surgery and take you home by car or taxi and will stay with you up for 24 hours.
- Remove any jewellery. You can leave intim piercings in place if they are made of titanium. For surgery of the vulva pubic hair should be removed. This should take place several days prior to surgery.
- Do not wear makeup on the day of surgery. Bring comfortable clothes (e.g. T shirt), socks and sanitary pads.
- Read carefully the consent form for surgery and for anaesthesia and sign these forms more than 24 hours prior to surgery.

Day of surgery:

- Please do not eat or smoke or chew gum on the day of surgery. Clear fluids such as tea or water can be ingested in small amounts up to 2 hours prior to surgery.
- Take a shower the evening before or the morning of the day of surgery.
- Please make sure that you arrive in our clinic at time in order to facilitate a smooth flow of procedures for all patients.
- Plan for a stay of 2 to 3 hours in our institution.
- Please bring the signed consent forms, your insurance card and the referral form from your gynaecologist if a new quarter of the year has started.

After surgery:

- After surgery we give you your operation report, a referral form for control examination by your gynecologist in two weeks, a certificate for incapacity of work, if requested, and an emergency telephone number.
- In case you need a painkiller, we recommend Paracetamol or Ibuprofen.
- **Emergency** is defined as severe abdominal pain, fever above 38.5°C and/or vaginal bleeding which is stronger than normal menstruation. In case of emergency you are in need of prompt support. We try to ensure support for 24 hours.

During the day you can contact our central appointment service, at night, on weekends and on public holidays the number is forwarded to a mobile phone of our medical on-call service, where the next steps will be discussed with you personally.

If, contrary to expectations, we are not available, please contact the nearest emergency services.

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- Please note, that on the day of surgery you will not be roadworthy or become contractually capable which means that you cannot navigate in traffic by yourself, cannot drive a car or bicycle, cannot work on machines and cannot sign any contracts.
- To reduce the risk of post-operative complications, we ask you not to use tampons/menstrual cups for the first 3 weeks after the operation, but to use sanitary pads instead. Do not go to the swimming pool or take a full bath. Avoid heavy lifting. Avoid sexual intercourse. If you do exercise, only do light exercise.

Thank you for your cooperation and we wish you all the best!