

Patient information for surgery under local anesthesia

Patienteninformation zur Operation in örtlicher Betäubung (englisch)



Dear patient,

During your medical consultation you already received a lot of information. Here, we have summarised important information, which will make it easier take care of you on the day of surgery and will benefit your safety.

Study all information carefully. If you have any remaining 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 received your current telephone number, which will enable us to contact you at anytime.
- Remove any jewellery. You can leave genital 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.
- Read the consent form for surgery and for anaesthesia carefully and sign these forms more than 24 hours ahead of surgery.

Day of surgery:

- You do NOT need to appear sober.
- Shower the night before or the morning of the day of surgery.
- Please make sure that you arrive at our clinic in time to facilitate a smooth work flow.
- Plan for a stay of 1 to 2 hours at 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 begun.

After surgery:

- After surgery you will receive your surgery report, a referral form for control examination by your gynaecologist in two weeks, a certificate for incapacity of work, and, if requested, an emergency telephone number.
- In case you require 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.

- 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!