



MYOMECTOMY

DAY OF SURGERY

Day:_____ **Date:**_____

THINGS TO EXPECT TODAY

- You will be transferred from the Recovery Room to a room on one of the surgical units.
- Your nurse will take your vital signs (blood pressure, pulse, respiration and temperature) frequently and check the dressing over your incision.
- You may not be allowed to eat today. You can have ice chips.
- You will receive IV pain medication.
- You may have a Sequential Compression Device (SCD) on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs.
- Your nurse will explain how to do “peri care” which you should do after going to the bathroom.
- You may have a Foley Catheter to drain urine from your bladder, if it was not removed during surgery.

Things To Do Today

Review the section on “While in the Hospital.” It will explain what to expect during your hospital stay.

- Use the incentive spirometer 10 times every hour while awake. In addition, do the coughing and deep breathing exercise every 2 hours while awake.
- Turn from side to side. If you need help, the nursing staff will assist you.
- Take your pain medication to make sure you are comfortable to increase your activity and do the coughing and deep breathing exercises. The nurse will ask you to rate your pain using the pain scale.
- You may be helped to get out of bed to a chair.

- Prepare for discharge the day after tomorrow. Who will accompany you? Name _____ Phone # _____ Speak with your nurse or social worker if you have any questions.

DAY 1 AFTER SURGERY

Day: _____ **Date:** _____

THINGS TO EXPECT TODAY

- You will have a blood test done in the morning.
- If you have a Foley catheter, IV, and SCD, they will be removed today.
- You will be helped to get out of bed and should increase your activity.
- You will have liquids for breakfast. If you tolerate them, you will be able to resume your usual diet.
- Your pain medication may be changed to a pill form.
- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.

Things To Do Today

Read the “Going Home” section in your information packet. Make sure you read the section on “When to Call the Doctor.”

Write down any questions so you can remember to ask them.

Days:

- Use the incentive spirometer 10 times every hour while awake. How high did you raise the ball? ____ Do coughing and deep breathing exercises every 2 hours.
- Get out of bed with the nursing staff’s help. Change your position frequently. Try to sit in the chair for 2 hours. You may be helped to walk around the room and in the hallway.
- Take your pain medication as needed to enable you to increase your activity. Remember the nurse will ask you to rate your pain before and after taking it.
- You should continue to do “peri care.”
- You will be discharged tomorrow. Speak with your nurse or social worker if you have any concerns or questions.

Evening/Nights

- Sit in the chair for dinner. Take a short walk in the hallway. Have a family member or friend walk with you.
- Use your incentive spirometer 10 times every hour. Do the coughing and deep breathing exercises every 2 hours while awake.
- Discharge time is ___ a.m. Confirm transportation home. Ask for your prescriptions. If you need anything, please ask.

If you need anything, please ask.

DAY 2 - DAY OF DISCHARGE

Day:_____ **Date:**_____

THINGS TO EXPECT TODAY

- Review and sign your discharge plan.
- You will be given any needed prescriptions.
- If you need to go home with a Foley catheter, care instructions will be provided

Things To Do Today

- Shower or wash up.
- Sit in the chair and have breakfast.
- Look at your incision, so that you can report any changes to the surgeon.
- Make sure you have any needed prescriptions.
- Find out when you need to return for a follow-up visit.
- Review the discharge plan with your nurse and sign it. Ask any final questions.