

# Guide to Outpatient GYN Procedures

## Welcome to the GYN Center

This sheet describes some of the procedures you may have and what to expect during your visits.

Please feel free to call us at **716-845-5855** if you have any questions along the way.

**Please note:** When you arrive at your appointment, you may be asked to provide a urine sample. This is to rule out pregnancy before your procedure.

You will receive a call from the Ambulatory Surgery Center (ASC)/3 West with your arrival time 48 hours (2 business days) before your procedure. They will call you between **1p.m. and 3p.m.** with your arrival time. If you do not receive a call by 3p.m. 2 days before your procedure, please call **716-845-8476** for your arrival time.

### Hysteroscopy with D & C (Dilation and Curettage)

- A hysteroscopy allows a health care provider to look at the inside of the cervix and uterus if you are having abnormal bleeding or other uterine or cervical problems. It is done at the same time as a D&C.
- A D&C is a procedure to scrape and collect tissue from inside your uterus. Dilation ("D") is a widening of the cervix to allow instruments into the uterus. Curettage ("C") is the scraping of the walls of the uterus.
- **For this procedure, you will have general anesthesia.** You will not be conscious during the procedure.

**Please note: You must have someone with you who can drive you home after the procedure or the procedure will be cancelled.**

Wearing a gown, you will lie on the exam table with your feet in stirrups. If you do not already have an IV in place, we will start one. You will receive general anesthesia. After the area is cleaned, your doctor will insert an instrument called a speculum into your vagina. Your cervical canal will be opened (dilatation) and your doctor will guide a thin tube (hysteroscope) with a camera on it through the vagina. A liquid or gas is injected through the hysteroscope, which expands the uterus and improves the view. The camera sends images to a video screen your doctor can see. Tissue from the lining of your uterus can be removed, if necessary (curettage). The pathology laboratory will examine the tissue sample(s).

The procedure can take 20 minutes to an hour depending on what was done.

## Hysteroscopy with D & C (cont.)

- It is best to schedule this procedure when you are not having a menstrual period.
- Afterwards, you may have mild cramping and a little bloody discharge for a few days. Serious complications are rare, but may include heavy bleeding, infection, and tears in the uterus.
- **Take only showers for 4 weeks. No baths or immersion in water (hot tubs, swimming, etc.).**
- **Avoid douching, sexual intercourse, and using tampons for 4 weeks after this procedure. (Absolutely nothing should be put in the vagina.)**
- After the procedure, you can resume most of your regular activities in a few days.
- You will be scheduled for a follow-up appointment with your doctor to discuss your procedure results.

## Cold Knife Cone Biopsy

A cold knife cone biopsy, also known as **conization**, is a procedure to get a sample of abnormal tissue from the cervix for further examination.

During this procedure, your doctor will insert an instrument called a speculum into your vagina to open the vaginal walls and examine the cervix. A small cone-shaped sample of tissue from the cervix will be removed. The tissue will be examined under a microscope for any signs of cancer.

- **After the procedure, you may have some cramping or discomfort for a week or so.**
- **You may also have vaginal discharge that is bloody, heavy, and yellow colored for 2-3 weeks after this procedure.**
- **Avoid douching, sexual intercourse and tampon use for 4-6 weeks after this procedure.**
- You will be scheduled for a follow-up appointment with your doctor to discuss your procedure results.

## Wide Local Excision of the Vulva

A wide local excision (WLE) of the vulva is used to remove abnormal tissue along with a surrounding margin of normal tissue. The surgeon will use dissolving sutures (stitches) to close the wound. The sutures provide protection to the incision so that no dressings are needed.

- **After the procedure, you can shower but do not immerse yourself in standing water (no tub baths, hot tubs, or swimming) for 6 weeks.**
- Take sitz baths or use a peri bottle 3 times a day for at least 2 weeks.
- Use a hair blow dryer on a cool setting to help keep the incisions dry.
- **Do not lift anything heavier than 8 pounds (nothing heavier than a gallon of milk) until the doctor says it is OK.**
- There are no restrictions on walking or stairs after a WLE.
- No driving until after your post-top visit.

## Laser Surgery

Laser surgery removes abnormal tissue from the vagina, vulva, or cervix. The laser is an intense beam of light directed at the abnormal tissue to destroy it.

### After the procedure, you may have:

- burning pain on the vulva or vagina
- watery, foul-smelling discharge
- vaginal or vulvar spotting

### Wound care

- You may shower the day after surgery, but do not soak the pelvic area for 6 weeks (no baths, swimming, or hot tubs)
- Do not scrub the laser sites, but you can let soap and water come in contact with them. Keep incisions clear and dry.

### Restrictions (after laser surgery)

- **Absolutely nothing in the vagina for 6 weeks (no sex, douching, or tampons)**
- No straining or strenuous activity for 2-4 weeks. Walking and going up and down stairs are allowed.
- No driving until after you first postop visit in the GYN Center.

After the surgery, your doctor will review the results of your pathology studies to determine if you should have radiation therapy and/or chemotherapy. Your doctor will discuss possible treatment plans with you and your family.

## Preparing for Your Procedure

### The Anesthesia/Pre-Op Center

- Some patients will be scheduled for a visit to the Preoperative Center before their procedure. This may include routine urine and blood tests, chest x-ray and EKG (electrocardiogram).
- An anesthesiologist discusses anesthesia for your procedure and what medications you should/should not take that day.
- If you have any questions about your appointment at the Pre-Op Center, please call **716-845-1673**.
- If you do not need a pre-op visit, a nurse from Anesthesia/Pre-Op will call to screen you.

## General Bathing Instructions

You play a key role in your health before your surgery. Please follow these instructions closely.

**YOU MUST SHOWER THE MORNING OF YOUR PROCEDURE!**

## When you shower

- Wash your hair as usual with your regular shampoo. Then rinse your hair and body thoroughly to remove any shampoo residue.
- Wash your face and entire body with a non-drying cleanser.
- Thoroughly rinse your body with warm water.
- Pat yourself dry with a clean towel.
- **Do not apply powders, deodorants, lotions, creams, hair products, or make up.**
- Dress in freshly washed clothing.

### **IMPORTANT!** Before ALL Procedures...

1. No food or drink after midnight the night before your procedure. (You will be given specific instructions if you have an ERAS procedure.)
2. Make sure you are not wearing anything that might come off during the procedure including dentures or partial plates, eyeglasses, contact lenses, jewelry, wigs, or removable prosthetics such as artificial eye or leg. **All piercings must be removed.**
3. Remember: **You must bring a driver with you to take you home after the procedure or your procedure will be cancelled.** You will not be allowed to drive yourself home.

## After Your Procedure

Your procedure may take from 1 to 6 hours, followed by 2 or 3 hours in the Post-Anesthesia Care Unit (PACU), while you recover from the anesthesia. An operating room nurse will keep your family informed during your procedure, and your doctor will talk to your family about your condition.

- Before you leave the hospital, you will be told what to expect in the coming days.

## Recovering at Home

- A nurse from the 3 West will call you 24 hours after your operation to see how you are doing. Please feel free to ask him/her any questions you may have.
- Get adequate rest and nutrition. You may resume your previous diet. We recommend you begin with lighter foods and if that does not upset your stomach, progress to a regular diet.
- **You may shower the day after surgery but do not soak incisions under water for 6 weeks. No soaking means no tub bathing, swimming, or hot tubs.** While showering, gently wash your incision with soap and water (do not scrub). Pat dry with a clean, dry towel.
- Keep the incisions clean and dry.
- Light activity is encouraged in the first 2 weeks after surgery or until your first postoperative visit.
- Avoid heavy lifting and strenuous exercise until your doctor says it is OK.

## Recovery at Home (cont.)

- Do not drive or sit for a long period of time for 1 to 3 weeks after surgery, or as directed by your doctor. Driving restrictions will be lifted at your follow-up appointment if you no longer have significant pain.
- Limit going up or down the stairs to 2-3 times a day until your 1<sup>st</sup> post-op appointment. (No limit on stairs if you had a WLE (wide local excision.)

## Pain

- Soreness or sharp pain around the incision sites is expected.
- Ibuprofen (Advil®/Motrin®) and acetaminophen (Tylenol®) are over-the-counter pain medicines that work very well for pain control. Please take as directed on the bottle.
- **The maximum daily dose of acetaminophen is 4000 milligrams (mg) for people who weigh 150 pounds or more. It is best to try to limit your intake to 3000 mg a day. Do not take more than 1000mg at one time.** Check all medication labels. Acetaminophen may be an ingredient in over the counter and prescription medications and must be included in your daily total.
- **You can take 600 mg of ibuprofen (Advil®/Motrin®) every 6 hours or 800 mg every 8 hours. Please take it with food and a tall glass of water to prevent an upset stomach.**

## When to Call Us

Although complications are unusual after you leave the hospital, call your doctor if you have:

- **a fever greater than 100.4°F (38°C)** or a fever with chills
- heavy bleeding (**soaking 1 peri pad in an hour**)
- abdominal or pelvic pain that is getting worse
- you vomit whenever you try to eat or drink
- unusual pain or swelling, numbness, or discoloration in your leg, groin, or arm
- unusual discharge from a wound or from your vagina
- severe pain that is not relieved with pain medications
- emotional reactions that disturb or upset you

## How to Contact Us

GYN Center . . . . . **716-845-5855**

Social Work Department. . . **716-845-8022**

Pre-Op/Anesthesia Center . . **716-845-1673**

After hours, weekends, and holidays, call Roswell Park's main number **716-845-2300** and our Call Center staff and triage nurses will assist you. This phone number is available 24/7.

## Follow Up Care

- You should be scheduled for a follow up appointment in the clinic about 2-4 weeks after surgery. You will receive the final pathology report during this visit and discuss any further recommendations or treatments.
- Remember, the sutures (stitches) used during your surgery will dissolve. They do not need to be removed.
- Since this appointment is very important, please contact the GYN clinic if you do not have one scheduled or if you need to change the date and/or time.

## Conclusion

We hope we have provided you with useful information and answered some of your questions. If you have further questions, the doctors and nurses of the GYN Center will be happy to help you.

Cancer treatment can be complicated, and each woman reacts differently. You may feel anxious, depressed, or bewildered about the way your life and the lives of those close to you are affected. Allow yourself time to adjust. Talking to your nurse, doctor, family, or close friends can help you find answers and emotional support.

## Roswell Park Resources

**11 Day Power Play Resource Center:** 1st floor of the hospital. Open Mon-Fri. 9a.m. – 4 p.m. **716-845-8659.**

The Resource Center is a welcoming place, open to everyone. Staff provides information and educational materials about cancer from Roswell experts and trusted national cancer organizations, local resources, and support programs/services.

**Elevate Salon** (1st floor of Clinical Sciences building. Mon-Fri. 9a.m. – 4 p.m.): All cancer patients with hair loss can select a free wig or other head covering once a year and have it fitted. Pretreatment haircuts and wig styling are available.

**Roswell Park's Online Community** is a safe place to share your concerns, learn from others who have been where you are, and find support. All you need to join is an email address. Members may also join conversations in CancerConnect's national communities. Please join us:

[www.cancerconnect.com/roswellpark](http://www.cancerconnect.com/roswellpark)

## Notes/Questions

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