



Pearl W. Yee, M.D. Inc.
Obstetrics • Gynecology • Medical Aesthetics
Fertility • Menopause • Urinary Incontinence
Advanced & Minimally Invasive Female Surgery

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Pre-Surgical Information Sheet

Consultation: Before electing to have surgery, you may need to schedule one or more visits to discuss the various options of treatment available, as well as, the risks, benefits and alternatives of surgery. Please inform us if you have any questions or concerns that you would like to address when making a decision. You are welcome to include your significant support individuals in your decision making process and obtain a second opinion consultation with other specialists and/or your primary care provider (PCP).

Patient education: in addition to our verbal consultation, you will be given written handouts to read regarding the intended procedure. Please review the materials along with other written information available on our practice website @ www.pearlyeemd.com or the hospital health Library @ www.cpmc.org. We strive for you to be fully informed and educated regarding your health.

Scheduling your surgery Date and Time: Within 5 working days of requesting a surgery date, the surgery scheduler will call you to inform you of the reserved date and time. **Please call our office if the scheduler has not notified you within 5 working days.** Please take care in selecting preferred weeks for surgery since operating room time involves extensive coordination of qualified personnel and appropriate equipment. Once we have reserved a date for your procedure or surgery; the hospital will call you or send you a detailed preoperative packaged in the mail.

Insurance authorization: Most patients will require a prior authorization from their insurance company before their surgery or procedure can be approved. Authorization usually takes at least two weeks and your medical records will need to be sent to your insurance company for review. Please check with your own insurance plan regarding requirements for covered benefits. **Your surgery can not be performed without prior authorization.**

Preregistration: The hospital or surgery center will send you preadmission information by mail, or phone. Online information is also available.

Surgical informed consent: The state of California has specific consent forms for certain surgical procedures. In addition to our informed consent forms, you will also need to sign **state consent forms if you are having a hysterectomy or sterilization procedure.** If applicable, be sure to bring a copy of your State consent forms with you when you are admitted to the hospital. Upon admission, you will also need to sign hospital consent forms.

Primary care provider: Our office will send a medical note to your primary care provider regarding your medical condition, intended surgery and the date and time of surgery. Patients who are 55 years of age or older, or who have significant medical conditions will need preoperative clearance from their internist prior to surgery and a preoperative EKG. All patients who are 60 to 65 years of age or older will need **preoperative medical clearance from their primary care doctor and possibly other specialists.**

Prescription/OTC= over-the-counter medications: Please to not take any medications prior to surgery unless approved by our office. This includes any special herbal treatments. Do not consume any excessive amounts of mushrooms or fungi since these may affect blood clotting.

The usual dietary amounts are fine. Patient should avoid aspirin and all nonsteroidal anti-inflammatories like Motrin or Advil for at least one week prior to surgery. Please bring a list of all the medications you are taking with you for your preoperative consultation. Usually you are able to take your usual medications with a sip of water the morning before surgery and just skip the vitamins and supplements for a day.

Menstrual period: If you are still menstruating, please inform us as to the date of her last menstrual period and whether or not there is any possibility of pregnancy. Certain surgical procedures are timed ideally after a menstrual cycle has been completed. Additionally, we need to know your intentions for childbearing.

Blood work and Testing: Certain patients may need to have a preoperative EKG, chest x-ray, or pulmonary function tests. If your PCP is performing the EKG please ask for a copy to be brought to the hospital and my office. Blood tests are usually ordered within 72 hours of the intended surgery (CPMC has special forms to sign for patients who wish to have their lab work performed within two week of surgery.) If you are due for your mammogram, please have this completed prior to your procedure.

Blood transfusions and donors: Most surgical procedures will not require any blood transfusion. The law requires that all patients undergoing a surgery be aware of the possibility of blood loss and available blood options. Transfusions can be from a random donor, designated donor or autologous (donated from yourself). If you decide to donate your own blood, be aware that the blood can be used for up to 40 days and you should start on a iron supplement everyday before surgery. For larger amounts of blood loss at the time of surgery, there is also a cell saver available to collect, wash, and return your own blood at the time of surgery .

Reducing the Risk of Postoperative Infection: some helpful suggestions

- Shower with an OTC antibacterial soap the evening or a.m. before surgery. Do not shave the surgical area prior to surgery; the hospital has clippers if needed
- Minimize the time spent in the hospital before surgery; same-day admission
- Stop smoking at least 30 days before surgery
- Treat any infection before surgery
- If you are diabetic, attain excellent glucose control before your procedure
- Maintain good nutritional health
- Continue oxygen supplementation for approximately 2 hours after surgery
- Keep your wound covered for 24 to 48 hours after surgery with glue or a dressing
- certain patients will receive a dose of antibiotic just before surgery

Pre-surgical Preparations: Please refer to your “Patient Instructions before Surgery” checklist for specific pre-operative oral, vaginal or bowel preparations and medications.

Illness: If you become ill before an elective surgery, please notify us immediately. Your surgery will be canceled and rescheduled to a later date after you have recovered.

The Day of Surgery: Doctor Yee will meet you immediately before surgery in the operating room waiting area or check-in area. We prefer that you have all your questions answered during the pre-operative visits to our office before the day of surgery. Please notify us of any concerns during your consultations in the office since our focus on the day of surgery is to perform your procedure. You will meet your anesthesiologist during the hour before surgery for an interview. The operating room nurses will also interview you and have you signed consents prior to your procedure. Your entire surgical team is well-qualified and will provide you with the kindest, safest care possible.

Postoperative recovery: Most surgical incisions will be closed with dissolvable suture and glue or topped with Steri-Strip tapes and then covered with a dressing. Please refer to your postoperative care sheet for specific instructions regarding postoperative wound care since some procedures do to not involve any surgical incisions. Many of the procedures will have a small amount of vaginal bleeding after the procedure and you will need to have a supply of sanitary pads for postoperative care.

Recovery room: You will be taken to the recovery room after your procedure where a team of nurses will follow you closely for 30 to 60 minutes until you are ready to be taken to the discharge recovery area for 1 to 4 hours before your ready to be discharged home in the case of a same day surgery. If you are staying overnight or several days in the hospital you be transferred from the post anesthesia recovery room to a regular hospital room on the floor. Patients having a same day surgery will need to arrange to have someone to drive them home.

Family and Friends: Please inform us in advance if you have family members or friends in the waiting room during your procedure. Dr. Yee will look for them; however also leave a cell phone number that we can try to reach them at. Also give them our general office number to call. We respect your privacy and need you to instruct us as to how much medical information he would like to share with the individuals waiting for you. Patients usually cannot remember the discussions immediately after a surgery and to avoid misunderstandings; very limited information will be given and the findings from your procedure will be reviewed at the postoperative visit.

Postoperative visit: Patients are to return to the office approximately 2 weeks after their surgery for a postoperative check.

Activity after surgery: For same day surgery you will need to not drive for at least 24 hours after surgery. After a major surgery he will be instructed to not lift more than 25 pounds for 6 weeks. Please refer to the patient information sheet for specific instructions. You may qualify for disability coverage after your procedure. If you have any questions or concerns regarding disability please call our Irving Street office since asked to speak with the disability specialist.

On-call services: Doctor Yee covers her own patients 24/7. In the event of a vacation, arrangements have been made for S.F. woman's healthcare to cover Dr. Yee. After the usual office hours, the answering service will contact Dr. Yee regarding emergencies.