



GORELICK

GYN | ONCOLOGY

Pre-op Area

New York Presbyterian Brooklyn
Methodist Hospital
506 6th Street
Brooklyn, NY 11215

Room 302 (3rd floor)

Post-op Area

New York Presbyterian Brooklyn
Methodist Hospital
506 6th street, 3rd floor

Ambulatory PACU – for same day
surgeries

Main PACU – for all other
surgeries

What to expect after surgery

Please read the information below regarding the immediate postoperative period as well as postoperative instructions when you are discharged home.

Immediately following your procedure

During the surgery, the patient's family will be asked to wait in the designated waiting area on the first floor (by the piano). There is an electronic screen giving you a real-time update on the status of the surgery. As soon as the surgery is finished, the doctor will call your next of kin on the phone (please make sure to leave the number with the nurse before surgery) and will discuss the results of the surgery.

After the surgery, you will be taken to one of the recovery rooms for 2-4 hours before going upstairs to your hospital room. If you had outpatient or same day surgery, you will be discharged home in 1-2 hours.

If you have had major surgery, you may have a catheter draining your bladder which will be removed the next day and a PCA pump where you can self-administer pain medication by pressing a button.

Remember to call
the office and
schedule your
post-op check 2
weeks after surgery

The PCA pain pump is very safe and effective, one cannot overdose on it because of a built in computerized safety mechanism. By pressing the PCA button, you will be able to immediately self-administer pain medication and won't have to call and wait for the nurse to bring it to you. This will keep you comfortable after surgery.

If you've had ambulatory surgery and will be going the same day, you will likely have neither the urine catheter nor the PCA, your pain will be minimal and will be controlled with oral medications.



Post-op check

When you come home from the hospital, please remember to call our office to schedule your post-op check appointment which will be 2 weeks after surgery. During this visit, the doctor will check your incisions as well as discuss the results of surgery and recommend any additional treatment as indicated.



Call the doctor for
vomiting, fever or
worsening pain



Post-op instructions

Pain medications such as Motrin (Ibuprofen) and Percocet (narcotic with Tylenol) will be sent to your pharmacy for incisional discomfort. You can take 1 or 2 tabs every 4 hours as needed.

If nauseated, discontinue narcotics (Percocet) and only take Motrin or Tylenol. Make sure you take Motrin with food.

If you have a fever greater than 100.4 or have severe nausea/vomiting and are unable to hold food down, please call our office.

While taking Percocet, make sure to take Colace (stool softener) 2 or 3 times daily to avoid constipation. Other effective medications to help constipation are Senna, Dulcolax or Miralax (for more severe cases)

Drink plenty of fluids

Avoid heavy lifting over 10 lbs or abdominal exercises for 6 weeks. You can resume aerobic exercise 2-3 weeks postop.



You can shower and wet the incision starting the day after surgery, however, no soaking or bath

If you have staples, they are removed during the postop visit 2 weeks later.

If you have “island dressing” – square tape with gauze covering the incision, take it off the day after surgery at home. Underneath you will find thin sticky steri-strips. You can gently take them off in the shower in about 5 days. If they fall off, there is no need to reapply them.

The incision doesn't require any special care and can be left open to air. No creams or lotions are needed.

You can shower and wet the incision starting the day after surgery. Just let the water flow over the incision(s) and pat it dry with a towel. Please do not rub the incision(s).

No bath or swimming for 4 weeks or until the incision is completely healed

No driving while on narcotic pain killers (Percocet) – approximately 3-5 days after a minor procedure or 2-3 wks after a major procedure.

Should you have any questions not addressed above, please call our office.

The doctor will discuss with you how much time off from work you will likely need depending on the procedure.

For robotic surgery, you can expect to be back to work in about 3 weeks, recovery times for open surgery are about 6-8 weeks.





Many of our patients need paperwork to be filled out for their employer (Disability forms, Medical Leave, Family Medical Leave, etc.) We understand the importance and the urgency of these forms. Our office policy is to obtain these forms from you prior to surgery and have them filled out by the time you return for your Post-op visit. When submitting such forms to us, please be sure to fill out the portions pertaining to you.

Get well soon!

