



DEPARTMENT OF THE ARMY
Tripler Army Medical Center
Department of Obstetrics and Gynecology

Instructions for Planned Cesarean Deliveries

The days before your surgery

- Make childcare arrangements
 - Children under 18 years old are not allowed on the unit
 - Only 2 support persons are allowed
- Body hair
 - Do not shave, wax or remove hair on or near the surgical area within 5 days of your surgery
- Eating
 - Increase the amount of healthy carbohydrates in your diet (fruits, vegetables, whole grains)
- Appointments
 - You should have an appointment scheduled with the Surgical Admission Center (SAC) before your surgery, this may be over the phone

The night before your surgery

- Eating
 - After midnight do not eat anything. Do not chew gum, mints, or tobacco
 - You may drink clear liquids (water, Pedialyte, popsicles, fruit juice without pulp, plain tea/coffee without cream or sugar, soda) until 2 hours before your surgery
- Chlorhexidine Gluconate (CHG) Body Wash
 - Use the night before surgery, see instructional handout
 - Sleep in clean clothes and sheets the night before your surgery
- Medications
 - Tell the nurse and anesthesia provider all of the medications you take including herbs and supplements
 - Talk to your OB provider about what pills you can take the night before and morning of your surgery
 - If instructed, you can take pills with a small sip of water
- Please Call Labor and Delivery (808-)433-5337 after 1800 the day before surgery
 - You will be told what time to come to the hospital
 - We can answer any additional questions you may have
 - If you feel sick (ie COVID symptoms, etc.), please inform the nurse when you talk to them

The morning of your surgery

- Don't forget
 - Your military ID card – **REQUIRED**
 - Leave all of your valuables at home (wallet, purse, money, jewelry, etc)
 - Remove all jewelry before arrival (earrings, rings, ALL body piercings, etc. Plastic tongue piercing spacers are NOT allowed). Any rings that cannot be removed will be cut off.
 - Remove all makeup, nail polish, fragrances, lotions, oils, deodorant, etc
 - DO NOT wear your contact lenses, leave them at home and bring your glasses and case
 - Leave the car seat, baby bag, overnight bags, etc in the car until after the surgery and settled in on the postpartum unit as there is no place to store them on Labor and Delivery
 - Bring your CPAP/BIPAP machine if you have one
 - Snacks (hours for food services are limited)
 - Phone chargers
- Go to L+D triage to check in (6th floor mountain side) at your confirmed check in time
 - The check in time is not the surgery time. There is often a delay (or even cancellations) due to emergencies or other situations beyond our control.
 - If you feel sick (ie COVID symptoms, etc) please inform the nurse when they call you



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After your surgery

- Pain control
 - After your epidural wears off you may have pain after your surgery and you will be regularly provided with pain medications to include;
 - Acetaminophen (Tylenol), Ibuprofen (Advil), Naproxen, Celecoxib (Celebrex), Ketorolac (Toradol), Lidocaine Patches, and others
 - Opioids (Morphine, Oxycodone, Tramadol) will be given to you as needed
- Discharge
 - You will be discharged home 48 hours after your surgery as long as your pain is well controlled and you can eat, drink, walk around, and urinate.

When you go home

- Tips for healing
 - Chewing gum after surgery can help wake up your digestive system
 - Moving frequently keeps your blood flowing and helps prevent blood clots
 - Wearing an abdominal binder can help reduce pain, bloating, and swelling
 - For the first few days take your non-opioid medications regularly (ie Tylenol, ibuprofen) to avoid taking the opioids if possible as they increase constipation
- Taking care of your incision
 - Washing
 - You may shower with all forms of surgical dressings we use at TAMC
 - Do not scrub over the incision or use harsh soaps, peroxide, or disinfectants
 - Steri strips (multiple small stickers)
 - You may remove them 7d after surgery. If they fall off before then that is ok.
 - Dermabond (glue)
 - You may remove it if it has not fallen off by 7d after your surgery. If it falls off before then that is ok.
 - Aquacel (large bandage)
 - You can remove it 5d after your surgery. Remove it sooner if it becomes saturated with water when you bathe. If it falls off before then that is ok.
 - Wound Vacuum
 - You can remove it 7d after your surgery. If it loses suction or malfunctions, you can remove it sooner.
- When to call your surgeon
 - You feel like you are getting worse instead of better
 - Unexpected bleeding, fluid, or drainage from your surgical wound
 - Unusual vaginal bleeding or discharge
 - Temperature of 100.4F or higher
 - The feeling of chills and you are shivering
 - Surgical wounds are becoming hot, red, or more painful
 - Continuous vomiting
 - Trouble urinating or it burns when you urinate
 - Dizziness or you feel like you are going to pass out / faint
 - Bad diarrhea (loose, watery)
 - Pain or swelling in your foot, ankle, thigh, or calf (back of leg)
 - Headaches or visual changes not resolved with tylenol
- Go to the closest emergency room if you have... (the emergency team will call your TAMC team after they have evaluated you)
 - Difficulty breathing
 - Vaginal bleeding soaking more than 1 pad in an hour
 - Chest pain
 - Severe stomach pain



How To Take A Shower Before Your Surgery Using A Special Skin Cleanser

Please Read This Entire Handout Before You Take Your Shower.

Why Is It Important to Use a Special Skin Cleanser Before Surgery?

The special skin cleanser is Chlorhexidine Gluconate. This skin cleanser kill the germs (bacteria) on your skin that can cause infections. Using this skin cleanser will help keep you from getting an infection after your surgery.

What Should I Know About This Special Skin Cleanser?

This cleaner should only be used on your skin.

Do not drink or swallow it.

Do not use it on your face, eyes, ears, or mouth.

Do not use it on your genital area ("private parts").

When Will I Use This Special Skin Cleanser?

You will use one-half of the cleanser the night before your surgery. Then use the rest of the cleanser the morning of your surgery.

Do not shave or remove any hair from the area where you are having your surgery.

How Do I Use This Special Skin Cleanser?

The night before, and morning of your surgery, take a shower.

If you plan to wash your hair, use your regular shampoo; then rinse your hair and body thoroughly to remove any shampoo residue.

Wash your face with your regular soap and/or water only.

Thoroughly rinse your body with water from the neck down.

Move away from the shower stream to use special skin cleanser to avoid rinsing it off too soon.

Apply special skin cleanser directly on your skin or on a **clean wet washcloth** and gently wash the area where you are having surgery first, and then the rest of your body **from the neck down** including underarms, under your breasts, belly button, any folds in the skin, and your groin but **not** your "private parts".

Rinse thoroughly with warm water and keep out of eyes, ears and mouth; if special skin cleanser comes in contact with these areas, rinse out promptly.

Dry your skin with a clean towel.

Do not use your regular soap after applying and rinsing with special skin cleanser.

Do not apply lotions, perfumes, or deodorants to your body.

Wear clean pajamas to bed.

On the morning of your surgery, repeat wash with a **new clean washcloth** and special skin cleanser.

Wear clean underwear, socks, and clothing.

Important: Do not use this special skin cleanser on your face, eyes, ears, mouth, or genital area ("private parts").