

## BMDA Urinary Sphincter Preoperative Instructions

1. **NO ASPIRIN PRODUCTS** (Advil<sup>®</sup>, Motrin<sup>®</sup>, Ibuprofen) OR ANTI-COAGULANTS (Plavix<sup>®</sup>, Coumadin<sup>®</sup>) FOR AT LEAST SEVEN DAYS PRIOR TO PROCEDURE.
2. **One week prior to surgery, start using Nystatin Powder to your groin area twice daily.**
3. **Before your surgery you will have an appointment with pre-operative anesthesia or PACE department. THEY WILL GIVE YOU DIFFERENT INSTRUCTIONS REGARDING BATHING BUT PLEASE FOLLOW THIS INSTRUCTION SHEET. Your surgery is a unique procedure, and these instructions are specifically designed for you, from Dr. Stieglitz.**
4. **When you go to your PACE appointment, they should perform a nasal swab to screen you for MRSA. Please make sure that they do this. If they do not, you will need to return for this test. This is the only location in the hospital for this screening test.**
5. **YOU MUST USE HIBICLENS SOAP FOR ONE WEEK PRIOR TO YOUR SURGERY.** This soap can be obtained at any pharmacy. Please gently scrub abdomen, genitals, thighs, and buttocks daily for at least 10 minutes each day and thoroughly rinse the entire area after washing. If **Skin Sensitivity** is noted, stop using Hibiclens scrub and use Dial<sup>®</sup> Soap instead. This is to help you avoid infection during the operative procedure.
6. **SMOKING COMPROMISES BLOOD FLOW AND MAY INTERFERE WITH HEALING.** If you smoke, you should make every effort to stop as soon as possible.
7. **DO NOT SHAVE GENITAL AREA.** The operating surgeon will shave the surgical area in the operating room to avoid or minimize infections.
8. **IF YOU ARE INSTRUCTED TO TAKE MEDICATIONS THE DAY OF SURGERY, TAKE THEM WITH A SIP OF WATER.** No special change in your diet or activities is necessary until the day before your surgery.
9. **TAKE BACTRIM DS,** 1 tablet twice a day starting the day before surgery with only a sip of water unless you are allergic to sulfas. If this is the case another antibiotic prescription will be given to you.
10. **BRING A SET OF COMFORTABLE AND LOOSE FITTING CLOTHES TO WEAR UPON BEING DISCHARGED.** Also bring any toiletries you may need for an overnight stay.

### Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. For non-emergencies during business hours, call our triage line at 904-202-7300 option 3