

Before Surgery Day	Surgery Day	
<p><input type="checkbox"/> We will schedule your follow-up visit for after surgery – this date may change, depending on how long you are in the hospital.</p> <p>Starting 7 to 14 days before surgery:</p> <p><input type="checkbox"/> Stay active! Walk 1 to 2 miles a day, or at least 20 minutes a day.</p> <p>7 days before surgery:</p> <p><input type="checkbox"/> Stop taking:</p> <ul style="list-style-type: none"> - Aspirin - NSAIDS (<i>non-steroidal anti-inflammatory drugs</i>) such as ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn) <p>Starting 5 days before surgery:</p> <p><input type="checkbox"/> Drink your Impact Advanced Recovery drink 3 times a day, as well as your regular meals.</p> <p>Starting 2 days before surgery:</p> <p><input type="checkbox"/> Do not shave near the surgical areas.</p> <p>Day before surgery:</p> <p><input type="checkbox"/> Receive a call from the hospital with your assigned arrival time (this time is 2 hours before your surgery will begin).</p> <p><input type="checkbox"/> Before you go to bed, take a shower with the chlorhexadine gluconate (CHG) soap:</p> <ul style="list-style-type: none"> - Shower and shampoo with your regular soap - Rinse well - Wet a clean washcloth, then turn the shower off - Pour 1/2 bottle of CHG on the washcloth and use the washcloth to wash from your shoulders to your knees – include your groin crease, but not your private parts - Leave the soap on your skin for 1 minute - Rinse well <p><input type="checkbox"/> Before midnight, drink 8 ounces of apple juice.</p>	<p>Before you leave home:</p> <p><input type="checkbox"/> Take another shower using the same steps as last night.</p> <p><input type="checkbox"/> Do not apply deodorant, lotions, scents, or hair products after your shower.</p> <p>2 hours before your surgery time:</p> <p><input type="checkbox"/> Drink 8 ounces of apple juice.</p> <ul style="list-style-type: none"> - If you are driving, leave enough time to drink the juice after you park at the hospital. - If you are not driving, we suggest you drink the juice as you arrive at the hospital. <p>At the hospital:</p> <p><input type="checkbox"/> Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at your assigned arrival time.</p> <p><input type="checkbox"/> A nurse will take you to the pre-op area.</p> <p><input type="checkbox"/> An IV line will be placed in your arm to give you antibiotics and fluids.</p> <p><input type="checkbox"/> We will give you a heating blanket to keep you warm, improve healing, and lower infection risk.</p> <p><input type="checkbox"/> Your nurses and doctors will review your health history.</p> <p><input type="checkbox"/> You will meet with your surgeons, who will answer any questions you have.</p> <p><input type="checkbox"/> The Anesthesia team will talk with you about the <i>anesthesia</i> (sleeping medicine) you will receive during surgery.</p> <p><input type="checkbox"/> The Anesthesiology team will take you to the operating room.</p> <p><input type="checkbox"/> We will take your family or friends to the surgery waiting room.</p>	<p><i>During surgery, your doctors will inject Exparel (a numbing medicine) along your incision. This will help control pain for 48 to 72 hours after surgery.</i></p> <p>After surgery, you will:</p> <p><input type="checkbox"/> Wake up in the recovery room, where you will stay for several hours</p> <p><input type="checkbox"/> Move to your hospital room when you are awake and comfortable, and your vital signs are stable</p> <p>You will have:</p> <p><input type="checkbox"/> An IV in your arm to give you fluids and medicines</p> <p><input type="checkbox"/> A <i>patient-controlled analgesia</i> (PCA) pump so that you can give yourself pain medicine through your IV as needed</p> <p><input type="checkbox"/> Leg wraps that fill with air from time to time, to help blood flow and lower the risk of blood clots</p> <p><input type="checkbox"/> A <i>Foley catheter</i> (tube) in your bladder to drain urine (this was placed during surgery)</p> <p>Your nurse will:</p> <p><input type="checkbox"/> Help you sit up on the edge of your bed</p> <p><input type="checkbox"/> Remind you to take sips of clear liquids and chew on ice chips and gum to get your digestion working</p> <p><input type="checkbox"/> Teach you how to use an incentive spirometer (blue breathing device)</p>

	Day 1	Day 2	Days 3 and 4	Day 5 (Discharge)	At Home
Medicines/	<ul style="list-style-type: none"> <input type="checkbox"/> You will have control of giving yourself pain medicine as needed through your PCA pain pump. <input type="checkbox"/> Foley catheter will be in place. It will be removed by Day 2. 		<ul style="list-style-type: none"> <input type="checkbox"/> When you can handle solid food, your PCA will be stopped and you will take pain pills by mouth. <input type="checkbox"/> A pharmacist will review Lovenox (blood-thinner) information. <input type="checkbox"/> Your nurse will teach you how to give yourself Lovenox injections. 	<ul style="list-style-type: none"> <input type="checkbox"/> Your doctor will prescribe a stool softener. <input type="checkbox"/> You will receive prescription pain medicine (opioids). <input type="checkbox"/> You will receive Lovenox medicine to last 28 days. 	Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Give yourself 1 Lovenox shot every day for 28 days <input type="checkbox"/> Take a stool softener while you are taking opioids. Stop taking stool softener if you have diarrhea.
Diet	<ul style="list-style-type: none"> <input type="checkbox"/> Start clear liquid diet. Do not drink more than 8 ounces in 8 hours (about 30 mL per hour). 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk with nutritionist about food choices, portions, and how often to eat. <input type="checkbox"/> When handling liquids, progress to regular diet. 		<ul style="list-style-type: none"> <input type="checkbox"/> Keep eating a regular diet. Avoid concentrated sugars. 	<ul style="list-style-type: none"> <input type="checkbox"/> If you are constipated (hard stool or bowels will not empty), try senna, Miralax, or Milk of Magnesia. <input type="checkbox"/> Start to taper opioids. Take only as needed. <input type="checkbox"/> Take Zofrom for nausea.
Activities and Self-care	<ul style="list-style-type: none"> <input type="checkbox"/> Use your spirometer 10 times every hour to keep fluid out of your lungs. <input type="checkbox"/> Do not get out of bed without a nurse's help. <input type="checkbox"/> Your goal is to be out of bed for a total of 6 hours a day. Staff will help you: <ul style="list-style-type: none"> - Sit up in a chair for all meals - Take 3 to 4 walks a day. Your goal is to walk 1/2 mile on day 1, and 1 mile each day after that <input type="checkbox"/> Day 3: Receive diabetes education for diet and insulin (if needed). <input type="checkbox"/> Day 4: Shower with help from Occupational Therapist. 			<ul style="list-style-type: none"> <input type="checkbox"/> Shower and dress in your own clothes by about 9 a.m. <p>Discharge goals are met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Handling your diet <input type="checkbox"/> Pain under control <input type="checkbox"/> Getting around OK. <input type="checkbox"/> Passing gas, having bowel movements <input type="checkbox"/> Received diabetes and pharmacy teaching (if needed) <input type="checkbox"/> Follow-up clinic visit set for 1 to 2 weeks after discharge 	<ul style="list-style-type: none"> <input type="checkbox"/> Take Zofrom for nausea.
	<ul style="list-style-type: none"> <input type="checkbox"/> Sponge bath. <input type="checkbox"/> An Occupational Therapist (OT) will evaluate you. <input type="checkbox"/> A Physical Therapist (PT) will evaluate you. <input type="checkbox"/> Daily weighing. 	<ul style="list-style-type: none"> <input type="checkbox"/> Days 2 and 3: Sponge bath. <input type="checkbox"/> An OT will help you with shower training and activities of daily living (ADLs) <input type="checkbox"/> A PT will visit you until they say it is safe for you to go home. <input type="checkbox"/> Daily weighing. 			<ul style="list-style-type: none"> <input type="checkbox"/> Be physically active. Walk as much as you can. <input type="checkbox"/> For 6 weeks: Do not lift anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds). <input type="checkbox"/> Do not drink or drive while taking opioids. <input type="checkbox"/> Call with questions or concerns: <ul style="list-style-type: none"> - Dr. Park's patients: 206.598.4477 - Dr. Pillarisetty's patients: 206.288.7555 <input type="checkbox"/> Go to your follow-up clinic visit 1 to 2 weeks after discharge.
Planning	<ul style="list-style-type: none"> <input type="checkbox"/> Know your discharge goals: <ul style="list-style-type: none"> - Able to handle regular foods - Passing gas and having bowel movements - Pain under control - Able to walk by yourself 		<ul style="list-style-type: none"> <input type="checkbox"/> Meet with social worker to talk about home healthcare or skilled nursing facility (if needed). 	<ul style="list-style-type: none"> <input type="checkbox"/> Plan for your ride home from the hospital. 	