**Before Surgery Day**

- **At your clinic visit:**
  - Surgery teaching (“Strong for Surgery”)
  - Review CareMap with nurse and talk about what to expect
  - Be screened for bacterial infections (MRSA and MSSA)

- **6 days before surgery:**
  - Start drinking your Strong for Surgery Impact Advance Recovery drink

- **The day before surgery:**
  - In the afternoon, receive a call from the hospital with your assigned arrival time

- **The night before surgery:**
  - Take a shower with the antibacterial soap that was prescribed
  - Before midnight, drink 8 ounces of apple juice
  - After midnight, do not eat or drink anything (unless your surgeon told you to drink clear liquids)

**Before you leave home:**

- Take another shower with the antibacterial soap that was prescribed

**At the hospital:**

- Check in at Surgery Registration at your assigned arrival time
- While you are checking in, drink 8 ounces of apple juice
- A nurse will call you to come to the Pre-Op area
- An IV tube will be placed in your arm to give you fluids and antibiotics
- An Anesthesiologist may talk with you about placing an epidural for giving you pain medicine
- You will be given a heating blanket to keep you warm, improve healing, and lower the risk of infection (keep the blanket on even if you feel warm enough)
- The Anesthesiology Team will take you to the operating room

**Surgery Day**

**After surgery, you will:**

- Wake up in the recovery area
- Be moved to a bed in a hospital unit

**You will have:**

- An IV in your arm to give you fluids
- Compression devices on your legs to help with blood flow
- An epidural in your back to give you pain medicine (if this is part of your care plan)
- A Foley catheter in your bladder to remove urine

**Your nurse will:**

- Give you medicines to help with nausea and digestion
- Help you sit up on the side of your bed
- Encourage you to take sips of clear liquids and chew ice chips to get your digestion working
- Help you learn how to use your incentive spirometer and remind you to use it 10 times each hour every day while you are in the hospital

The steps in this CareMap are for your healing, comfort, and safety.
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3 or 4: Discharge</th>
<th>At Home</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Medicines" /></td>
<td><strong>You will have control of giving yourself pain medicine</strong></td>
<td><strong>When you start to eat a regular diet, you can take your pain medicines by mouth</strong></td>
<td><strong>Start to taper your pain medicines; take them only as needed</strong></td>
</tr>
<tr>
<td><img src="image" alt="Diet" /></td>
<td><strong>You will progress to a regular diet as you are able to handle it, and when your doctor says it is OK</strong></td>
<td></td>
<td><strong>While on pain medicines, take a stool softener</strong></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td><strong>A physical therapist (PT) will assess you</strong></td>
<td><strong>Your goals from Day 2 until discharge are to:</strong></td>
<td><strong>If constipated, take Milk of Magnesia</strong></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td><strong>Your goals today are to:</strong>&lt;br&gt;- Be out of bed for all meals&lt;br&gt;- Walk 9 laps around the unit&lt;br&gt;- Be out of bed for a total of 6 hours**</td>
<td><strong>- Be out of bed for all meals</strong>&lt;br&gt;- Walk 18 laps around the unit&lt;br&gt;- Be out of bed for 6 hours a day**</td>
<td><strong>Keep being active – aim to walk at least 1 mile a day</strong></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td><strong>Your goals from Day 2 until discharge are to:</strong>&lt;br&gt;- Be out of bed for all meals&lt;br&gt;- Walk 18 laps around the unit&lt;br&gt;- Be out of bed for 6 hours a day**</td>
<td></td>
<td><strong>Do not lift anything that weighs more than 15 pounds (about the weight of 2 gallons of water) until your surgeon says it is OK to lift more</strong></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td><img src="image" alt="Chair for Meals" /></td>
<td><strong>Sponge bath or shower</strong></td>
<td><strong>You may shower at any time</strong></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td><strong>Sponge bath</strong></td>
<td><strong>Shower by Day 3</strong></td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
<td><strong>Your Foley catheter will be removed</strong></td>
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<tr>
<td><img src="image" alt="Activity" /></td>
<td><img src="image" alt="Walking" /></td>
<td><strong>If you have a JP drain, a nurse will teach you how to use it</strong></td>
<td><strong>If you have a drain, measure output daily – call the clinic when output is less than 30 cc for 2 days in a row</strong></td>
</tr>
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<td><img src="image" alt="Activity" /></td>
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<tr>
<td><img src="image" alt="Activity" /></td>
<td><img src="image" alt="Planning" /></td>
<td><strong>Ask to meet with a social worker if you have concerns about where you will go after discharge</strong></td>
<td><strong>Do not drive while taking prescription pain medicine</strong></td>
</tr>
<tr>
<td><img src="image" alt="Activity" /></td>
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