**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)

**Surgery Day**

- **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

- **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

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**Complex Hernia Surgery CareMap**

*How to prepare and what to expect*
<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>□ You will have control of giving yourself pain medicine</td>
<td>□ When you start to eat a regular diet, you can take your pain medicines by mouth</td>
<td>□ Start to taper your pain medicines; take them only as needed</td>
<td></td>
</tr>
<tr>
<td>□ You will progress to a regular diet as you are able to handle it, and when your doctor says it is OK</td>
<td>□ A physical therapist (PT) will assess you</td>
<td>□ While on pain medicines, take a stool softener</td>
<td></td>
</tr>
<tr>
<td>□ Your goals today are to:</td>
<td>□ Your goals from Day 2 until discharge are to:</td>
<td>□ If constipated, take Milk of Magnesia</td>
<td></td>
</tr>
<tr>
<td>- Be out of bed for all meals</td>
<td>- Be out of bed for all meals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Walk 9 laps around the unit</td>
<td>- Walk 18 laps around the unit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Be out of bed for a total of 6 hours</td>
<td>- Be out of bed for 6 hours a day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Sponge bath</td>
<td>□ Sponge bath or shower</td>
<td>□ Keep being active – aim to walk at least 1 mile a day</td>
<td></td>
</tr>
<tr>
<td>□ Your Foley catheter will be removed</td>
<td>□ Shower by Day 3</td>
<td>□ 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</td>
<td></td>
</tr>
<tr>
<td>□ Ask to meet with a social worker if you have concerns about where you will go after discharge</td>
<td>□ If you have a JP drain, a nurse will teach you how to use it</td>
<td>□ If you have a drain, measure output daily – call the clinic when output is less than 30 cc for 2 days in a row</td>
<td></td>
</tr>
<tr>
<td>□ Planning</td>
<td>□ Planning</td>
<td>□ Do not drive while taking prescription pain medicine</td>
<td></td>
</tr>
</tbody>
</table>