





Before Surgery Day	Surgery Day	
<p>At your clinic visit:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgery teaching (“Strong for Surgery”) <input type="checkbox"/> Review CareMap with nurse and talk about what to expect <input type="checkbox"/> Be screened for bacterial infections (MRSA and MSSA) <p>6 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start drinking your Strong for Surgery Impact Advance Recovery drink <p>The day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> In the afternoon, receive a call from the hospital with your assigned arrival time <p>The night before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a shower with the antibacterial soap that was prescribed <input type="checkbox"/> Before midnight, drink 8 ounces of apple juice <input type="checkbox"/> After midnight, do not eat or drink anything (unless your surgeon told you to drink clear liquids) 	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration at your assigned arrival time <input type="checkbox"/> While you are checking in, drink 8 ounces of apple juice <input type="checkbox"/> A nurse will call you to come to the Pre-Op area <input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and antibiotics <input type="checkbox"/> An Anesthesiologist may talk with you about placing an epidural for giving you pain medicine <input type="checkbox"/> 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) <input type="checkbox"/> The Anesthesiology Team will take you to the operating room 	<p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery area <input type="checkbox"/> Be moved to a bed in a hospital unit <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids <input type="checkbox"/> Compression devices on your legs to help with blood flow <input type="checkbox"/> An epidural in your back to give you pain medicine (if this is part of your care plan) <input type="checkbox"/> A Foley catheter in your bladder to remove urine <p>Your nurse will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Give you medicines to help with nausea and digestion <input type="checkbox"/> Help you sit up on the side of your bed <input type="checkbox"/> Encourage you to take sips of clear liquids and chew ice chips to get your digestion working <input type="checkbox"/> 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

	Day 1	Day 2	Day 3 or 4: Discharge	At Home
Pain Medicine	<input type="checkbox"/> You will have control of giving yourself pain medicine	<input type="checkbox"/> When you start to eat a regular diet, you can take your pain medicines by mouth 		<input type="checkbox"/> Start to taper your pain medicines; take them only as needed <input type="checkbox"/> While on pain medicines, take a stool softener <input type="checkbox"/> If constipated, take Milk of Magnesia
Diet	<input type="checkbox"/> You will progress to a regular diet as you are able to handle it, and when your doctor says it is OK			
Activity	<input type="checkbox"/> A physical therapist (PT) will assess you <input type="checkbox"/> Your goals today are to: <ul style="list-style-type: none"> - Be out of bed for all meals - Walk 9 laps around the unit - Be out of bed for a total of 6 hours 	<input type="checkbox"/> Your goals from Day 2 until discharge are to: <ul style="list-style-type: none"> - Be out of bed for all meals - Walk 18 laps around the unit - Be out of bed for 6 hours a day 		<input type="checkbox"/> Keep being active – aim to walk at least 1 mile a day <input type="checkbox"/> 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 
Bathing	<input type="checkbox"/> Sponge bath	<input type="checkbox"/> Sponge bath or shower	<input type="checkbox"/> Shower by Day 3	<input type="checkbox"/> You may shower at any time
Catheter	<input type="checkbox"/> Your Foley catheter will be removed			
Drains		<input type="checkbox"/> If you have a JP drain, a nurse will teach you how to use it		<input type="checkbox"/> If you have a drain, measure output daily – call the clinic when output is less than 30 cc for 2 days in a row
Planning	<input type="checkbox"/> Ask to meet with a social worker if you have concerns about where you will go after discharge 			<input type="checkbox"/> Do not drive while taking prescription pain medicine