### Before Surgery Day

- We will set up your follow-up visit for after surgery. This date may change, depending on your hospital stay.

**Starting 7 to 14 days before surgery:**
- Walk 1 to 2 miles, or at least 30 to 60 minutes every day.
- Plan for your ride to and from the hospital.
- If needed, talk with a social worker about your home healthcare needs and housing in the Seattle area (if you live more than 3 hours away from the hospital).
- If your surgeon told you to hold aspirin and NSAIDS (non-steroidal anti-inflammatory drugs) such as ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn), stop taking these 7 days before surgery.

**Starting 5 days before surgery:**
- Drink your Impact Advanced Recovery or other nutritional supplement drink 3 times a day, as well as eating your regular meals.

**Starting 2 days before surgery:**
- Do not shave near the surgical areas.

**Day before surgery:**
- Receive a call from the hospital with your assigned arrival time (this is 2 hours before your surgery begins).
- Start a clear liquid diet. Continue drinking clear liquids until 4 hours before you arrive at the hospital.
- If your surgeon told you to do a bowel prep, do so.

**Before you go to bed**, take a shower:
- Shower and shampoo with your regular soap.
- Rinse well.
- Wet a clean washcloth, then turn the shower off.
- Pour 1/2 bottle of CHG soap 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.

**Before midnight**, drink 8 ounces of apple juice. Do not eat any food after midnight.

### Surgery Day

**Before you leave home:**
- Take another shower using the same steps as last night.
- Do not apply deodorant, lotions, scents, or hair products after your shower.
- Pack your pre-op juice and post-op gum.

**2 hours before your surgery time:**
- Drink 8 ounces of apple juice.
  - If you are driving, allow 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.

**At the hospital:**
- Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at your assigned arrival time.
- A nurse will take you to the pre-op area.
- An IV line will be placed in your arm to give you antibiotics and fluids.
- We will give you a heating blanket to keep you warm, improve healing, and lower infection risk.
- Your nurses will review your current medicines, and your doctors will review any updates to your health history.
- You will meet with your surgeons, who will answer any questions you may have.
- The Anesthesia team will talk with you about the anesthesia (sleeping medicine) you will receive during surgery. If needed for pain control, they will also explain an epidural catheter.
- The Anesthesiology team will take you to the operating room.
- We will take your family or friends to the surgery waiting room.

**During surgery, your doctors will inject Exparel (a numbing medicine) along your incision if you do not have an epidural catheter. This will help control pain for 48 to 72 hours.**

**After surgery, you will:**
- Wake up in the recovery room, where you will stay for several hours.
- Move to your hospital room when you are awake and comfortable, and your vital signs are stable.

**You will have:**
- An IV in your arm to give you fluids and medicines.
- A patient-controlled analgesia (PCA/PCEA) pump so that you can give yourself pain medicine through your IV or epidural catheter as needed.
- Leg wraps that fill with air from time to time, to help blood flow and lower the risk of blood clots.
- A Foley catheter (tube) in your bladder to drain urine. This catheter was placed during surgery.

**Your nurse will:**
- Help you sit up on the edge of your bed.
- Remind you to take sips of clear liquids and chew on ice chips and gum to get your digestion working.
- Teach you how to use an incentive spirometer (blue breathing device).
### Day 1

**Medicines and Treatments**
- Use your pain pump to give yourself pain medicine as needed.

**Diet**
- Start with a clear liquid diet.

**Activity**
- A nurse will teach you how to use an incentive spirometer (IS) to help keep your lungs clear and to help you heal more quickly.
- Use your IS 10 times every hour.
- Do not get out of bed without help from staff.
- A Physical Therapist (PT) and an Occupational Therapist (OT) will assess you.

**Moving with help** will help your body heal faster:
- Sit up in a chair for all of your meals, with help from staff.
- Take 3 to 4 walks in the hall, with help from staff.
- Aim to walk ½ mile in the halls today.
- Aim to be out of bed for 6 hours today.

**Bathing**
- Sponge bath.

**Planning**
- Know your goals for discharge:
  - Be able to handle a regular diet.
  - Be able to pass gas.
  - Have your pain under control.
  - Be able to walk by yourself.

### Day 2

**Medicines and Treatments**
- If your doctor says you are ready, Foley catheter will be removed.

**Diet**
- When you can drink liquids, your care team will let you start eating solid foods.

**Activity**
- Aim to walk 1 mile in the halls today.

**Bathing**
- Sponge bath or shower.

### Days 3 to 5

**Medicines and Treatments**
- When you can eat solid food, your pain pump will be removed, and you will be given pain pills.
  - If you need Lovenox:
    - You will learn how to give yourself Lovenox shots.

**Diet**
- When you can eat solid food, your pain pump will be removed, and you will be given pain pills.
  - If you need Lovenox:
    - You will learn how to give yourself Lovenox shots.

**Activity**
- Aim to walk 1 mile in the halls today.

**Bathing**
- Shower by Day 3.

**Planning**
- A follow-up clinic visit will be set up for a few weeks after your discharge.
  - Ask to meet with a social worker if you have concerns about where you will go after discharge.
  - Plan for your ride home from the hospital.

### Discharge Day and At Home

**Discharge** will be on Day 3, 4, or 5, depending on your progress.
- Plan for your ride to be at the hospital in the morning of your discharge day.
- You will receive prescriptions for pain pills, a stool softener, and Lovenox (if needed).

**At Home**

**Medicines**
- If taking Lovenox, give yourself 1 shot every day for 28 days after discharge.
- Start to taper your prescription pain medicine. Take it only as needed, to help recovery.
- Take stool softener while you are taking prescription pain medicine. Stop taking softener if you have diarrhea.
- If you are constipated, try a laxative such as Senna, MiraLax, or Milk of Magnesia.

**Diet**
- Eat your regular diet, in 5 to 6 small meals during the day.

**Activity**
- Be active, walk as much as you can.
- For 6 weeks after discharge, do not lift anything that weighs more than 10 pounds (1 gallon of milk weighs almost 9 pounds).
- Do not drive until you have stopped taking your prescription pain medicine.
- Shower every day using your usual soap. Gently wash around the incision area. Pat it dry.
- Go to your follow-up clinic visit 1 to 2 weeks after discharge.
- Call 206.606.2018 if you have any questions or concerns.