### Before Surgery Day

**At least 2 to 4 weeks before surgery:**
- If you smoke, STOP.

**During the 2 weeks before surgery:**
- Meet with your surgeon and other members of your care team. Learn about what to expect before, during, and after surgery.
- Sign your consent papers.
- Make sure your follow-up visit is scheduled for 1 to 2 weeks after your surgery.
- Walk 2 miles a day.

**7 days before surgery:**
- Stop taking aspirin and NSAIDS (*non-steroidal anti-inflammatory drugs*) such as ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn)

**Starting 5 days before surgery:**
- Drink your Strong for Surgery Impact Advance Recovery drink 3 times a day for 5 days.

**Day before surgery:**
- Receive a call from the hospital with your arrival time.
- **Before you go to bed,** take a shower with the chlorhexidine gluconate (CHG) soap:
  - 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
- **Before midnight,** drink one 8-ounce bottle of apple juice.
- **After midnight,** you may have only clear liquids. Do not take anything else by mouth.

### Before you leave home:
- Take another shower using the same steps as you did last night.

**Starting 2 hours before your surgery, do not eat or drink anything, EXCEPT:**
- Right after you park at the hospital, drink one 8-ounce bottle of apple juice.

### At the hospital:
- Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at your assigned arrival time.
- A nurse will call you to come to the Pre-Op area.
- An *intravenous* (IV) tube will be placed in your arm to give you fluids and antibiotics.
- An Anesthesiologist will talk with you about the anesthesia (sleeping medicine) you will receive during surgery.
- You will receive acetaminophen (Tylenol) for pain relief.
- You will meet with nurses to review questions about your health.
- 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 blood flow
- A patient-controlled analgesia (PCA) machine so that you can give yourself pain medicine as needed
- A Foley catheter (tube) in your bladder to drain urine

**Your nurse will:**
- Teach you how to use your incentive spirometer (breathing device)
- Help you sit up on the edge of your bed
- Remind you to sip clear liquids, and chew on ice chips and gum to help your digestion work
### Medicines | Treatments
- You will have a PCA pain pump that allows you to help control your pain. Use this as needed.
- Your Foley bladder catheter will be removed.
- A pharmacist will review Lovenox (blood-thinner) information with you.
- Your nurse will teach you how to give yourself Lovenox injections.

### Day 1
- Eat 5 to 6 small meals a day. Eat mostly foods that are low in sugar and low in carbohydrates.

### Day 2
- Use your incentive spirometer (blue breathing device) 10 times every hour to keep fluid out of your lungs.
- Staff will help you sit up in a chair for all meals and take you on 3 to 4 walks a day.
- Aim to be out of bed 6 hours a day.
- Do not get out of bed without a nurse beside you.
- Day 1: Sponge bath.
- Day 2: Receive diabetes education for diet and insulin (if needed).

### Day 3 (Discharge)
- Give yourself 1 Lovenox shot every day for 28 days.
- Take a stool softener or Milk of Magnesia if needed for constipation.

### After Discharge
- When you can handle solid food, your PCA will be stopped and you will take pain pills by mouth.
- You will be prescribed:
  - Stool softeners
  - Pain medicine
  - Lovenox injections (for 28 days)

### Activities and Self-care
- Shower and dress in your own clothes by about 9 a.m.

#### Discharge goals are met:
- You can handle your diet.
- Your pain is under control.
- You are passing gas or having bowel movements.
- You received diabetes and pharmacy teaching (if needed).

### Planning
- Meet with a social worker to talk about home healthcare or skilled nursing facility (if needed).
- Go to your follow-up clinic visit 1 to 2 weeks after discharge.
- If you had a splenectomy, talk with your provider about vaccines.