### Before Surgery Day

- **A follow-up visit** will be scheduled for after your hospital stay. This appointment may change based on your day of discharge.

- **Quit smoking** at least 2 to 4 weeks before surgery.

### Starting 7 days before surgery:

- Walk 2 miles or for 20 minutes every day until your surgery.

- **Stop taking aspirin, NSAIDs**, vitamins, and herbal supplements.

   *NSAIDs are nonsteroidal anti-inflammatory drugs. They include ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn) and others.*

### Starting 5 days before surgery:

- If you can, drink your Impact Advance Recovery drink 3 times a day.

### Day before surgery:

- Take a shower and follow these steps:
  1. Shower and shampoo with your usual soap.
  2. Rinse well.
  3. Pour ½ bottle of chlorhexidine on a clean, wet washcloth.
  4. TURN SHOWER OFF.
  5. Using the washcloth, wash from your shoulders to your knees, including groin creases, but NOT your private parts.
  6. Leave soap on skin for 1 minute.
  7. Rinse well.

### Night before surgery:

- Drink one 8-ounce bottle of apple juice before midnight. After midnight, you may have only clear liquids, nothing else by mouth.

### Surgery Day

#### Before you leave home:

- Take another shower.
  - Follow the steps under “Day before surgery.”
- 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 IV will be placed in your arm to give you fluids, antibiotics, and pain medicine.
- You will be given a heating blanket to keep you warm.

The Anesthesiology Team will:

- Tell you how long the surgery will last.
- Take you to the operating room.

#### After surgery, you will:

- Wake up in either the recovery area or the intensive care unit (ICU).
  - If you are in the ICU, you may have a breathing tube.
- Have an IV in your arm to give you fluids and antibiotics.
- Wear compression devices on your legs while you are in bed to help with blood flow.
- Use a pain pump to give yourself pain medicines through your IV.
- Receive an injection of long-acting local anesthetic to your incision while you are asleep.
- Have a Foley catheter in your bladder to drain urine.
- Be moved to a room on a care unit.

#### In your room, you will:

- Start taking sips of clear liquids.
- Sit up on the edge of your bed with a nurse’s help.
<table>
<thead>
<tr>
<th><strong>Day 1</strong></th>
<th><strong>Day 2</strong></th>
<th><strong>Days 3 to 5</strong></th>
<th><strong>Discharge Day</strong></th>
</tr>
</thead>
</table>
| **You will use your pain pump to give yourself pain medicine as needed.** | **When you can eat solid food, your pain pump will be removed, and you will be given pain medicine by mouth (oral).** | **If you need Lovenox:**
| | | **You will learn how to give yourself Lovenox shots.** |
| **Foley catheter will be removed from your bladder.** | | |
| **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.** | **You will receive a prescription for oral pain medicine at discharge.** |

**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 laxatives while you are taking prescription pain medicine.
    - Try a laxative such as Senna, MiraLax, or Milk of Magnesia.
    - Stop taking laxatives if you have diarrhea.

- **Diet:**
  - You can eat your regular diet.

- **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.

- **Hygiene:**
  - Know your goals for discharge:
    - Be on a regular diet.
    - Have your pain under control.
    - Be able to walk by yourself.

  - 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.

  - Shower every day using your usual soap. Gently wash the incision area and pat it dry.