## Before Surgery Day

### Pre-surgery Surgeon Visit
- Tell your surgeon about all medicines and supplements you take.
- Pick up a bottle of Chlorhexidine (CHG) soap from your surgeon’s office.

### 1 to 2 Weeks Before Surgery
- Plan for your ride to and from the hospital.
- Make sure you know what medicines you need to stop taking before surgery, and when.
- Set up your first follow-up visit for after surgery.
- Prepare your home for after surgery:
  - Make sure you have plenty of healthy whole foods on hand.
  - Buy some straws to help you drink fluids and stay hydrated.
  - Have extra pillows on hand to prop yourself up in bed.
  - Buy some good movies or books for your recovery time.

### 2 Days Before Surgery
- If you have not received a call from our admitting nurse, call 206.668.6746.

### Day Before Surgery
- Eat only light meals.
- Do not eat or drink anything after midnight the night before your surgery. No mints, candy, or chewing gum, unless your surgeon or admitting nurse told you otherwise.
- 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.

## Surgery Day

### Before You Leave Home
- Take another shower using the CHG soap. Follow the same instructions as before.
- Put on clean clothes.
- Bring with you a list of your current medicines. Include the dose of each one, and when and why you take them.
- Follow the instructions you received from your surgeon and admitting nurse about what medicines to take or not take before surgery.
  - If you must take medicines, take them with only a small sip of water.

### At the Hospital
- Check in at your assigned arrival time.
- A nurse will take you to the pre-op area. Your friend or family can be with you.
- 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 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.

### 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.
  - 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).
After Discharge

Bathing
- Do not shower for 48 to 72 hours after surgery.
- You may sponge bathe as needed.

Pain Medicines
- Take your pain medicine exactly as prescribed.
- Take pain medicines with food to avoid nausea.
- If you feel you need a refill of your opioids, call 206.668.6746 weekdays.

Avoid Constipation
- Take a stool softener as prescribed.
- Do not go 3 days or longer without having a bowel.
- You can buy a laxative at your local drugstore.
- Eat a high-fiber diet.
- Drink plenty of water.
- Walk every day to help keep your bowels moving.

Incision Care
- You may shower 72 hours after surgery, or if you have drains, 48 hours after your drains are removed.
- Carefully clean your incision with soap and water. Gently pat them dry. Do not rub them.
- Leave all dressings, tape, or sutures in place until your surgeon or nurse tells you they can be removed.

Activity
- Do not drive while taking opioids.
- Until your surgeon says it is OK:
  - Do not take a bath, go swimming, sit in a hot tub or sauna, or soak your surgical site in water.
  - Do not do exercise that makes you strain or breathe hard.
  - Do not lift anything that weighs more than 10 pounds.

Return to Work
If your job involves:
- Sitting at a desk, plan to be out of work for about 1 to 2 weeks.
- Physical activity, plan to be out of work for about 4 weeks.

Warning Signs
Call your doctor or nurse if:
- You have a fever higher than 101°F (38.3°C).
- You have shaking or chills.
- Your incision has thick yellow drainage (pus) (it is normal to have some yellow-colored clear drainage after surgery).
- Your incision becomes more red, tender, or swollen.
- Your incision is coming apart, or has changed color.
- You have bright red blood coming from incision.
- It has been more than 3 days since your last bowel movement.
- You have problems urinating, have urgency, or feel pain when you urinate.
- Your pain is getting worse, and you pain medicine is not working.
- Your skin becomes itchy or swollen, or you get a rash.
- Your dressings have gotten dirty or wet.
- You have other questions or concerns about your surgery or medicines.

Go to the Emergency Room right away if:
- You have chest pain or trouble breathing.
- You have heavy bleeding that soaks your dressing in less than 1 hour.