

Abdominal Sarcoma CareMap

How to prepare and what to expect during your hospital stay

Before Surgery Day

- We will set up your follow-up visit for after surgery. This date may change based on your discharge date.

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 immunonutrition supplement drink 3 times a day. If you have diabetes, drink ½ serving 6 times a day.

Starting 2 days before surgery:

- Do **not** shave near the surgical areas.

Day before surgery:

- Receive a call from the hospital with your arrival time. You must arrive 2 hours before your surgery begins.
- Start a clear liquid diet. Keep 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. Use the cloth to wash from your shoulders to your knees. Wash 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.

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. They may also explain an *epidural catheter*, if needed.
- The Anesthesiology team will take you to the operating room.
- We will take your family or friends to the 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. You will stay here 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	Day 2	Days 3 to 5	Discharge Day and At Home
<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use your pain pump to give yourself pain medicine as needed. <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start with a clear liquid diet. <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Use your IS 10 times every hour. <input type="checkbox"/> A Physical Therapist (PT) and an Occupational Therapist (OT) will assess you. <input type="checkbox"/> Do not get out of bed without help from staff, unless PT tells you it is OK. <p>Moving with help will help your body heal faster:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sit up in a chair for all of your meals, with help from staff. <input type="checkbox"/> Take 3 to 4 walks in the hall, with help from staff. <input type="checkbox"/> Aim to walk ½ mile in the halls. <input type="checkbox"/> Aim to be out of bed for 6 hours. <p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sponge bath. <p>Planning</p> <p>Know your goals for discharge:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be able to handle a regular diet. <input type="checkbox"/> Be able to pass gas. <input type="checkbox"/> Have your pain under control. <input type="checkbox"/> Be able to walk by yourself. 	<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> If your doctor says you are ready, Foley catheter will be removed. <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> When you can drink liquids, your care team will let you start eating solid foods. <p>Activity</p> <div data-bbox="682 727 844 889" data-label="Image"> </div> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk 1 mile in the halls. <p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sponge bath or shower. <p>Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> A follow-up clinic visit will be set up for a few weeks after your discharge. 	<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> When you can eat solid food, your pain pump will be removed and you will be given pain pills. <p>If you need enoxaparin:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will learn how to give yourself enoxaparin shots. <div data-bbox="1113 860 1270 1015" data-label="Image"> </div> <p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shower by Day 3. <p>Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask to meet with a social worker if you have concerns about where you will go after discharge. <input type="checkbox"/> Plan for your ride home from the hospital. 	<p><i>Discharge will be on Day 3, 4, or 5, based on your progress.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Plan for your ride to be at the hospital in the morning of your discharge day. <input type="checkbox"/> You will receive prescriptions for pain pills and enoxaparin (if needed). <hr/> <p>At Home</p> <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> If taking enoxaparin, give yourself 1 shot every day for 28 days after discharge. <input type="checkbox"/> Start to taper your prescription pain medicine. Take it only as needed, to help recovery. <input type="checkbox"/> If you are constipated, try a laxative such as Senna, MiraLax, or Milk of Magnesia. <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat your regular diet, in 5 to 6 small meals during the day. <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be active. Walk as much as you can. <input type="checkbox"/> For 6 weeks after discharge, do not lift anything that weighs more than 10 pounds (1 gallon of milk weighs almost 9 pounds). <input type="checkbox"/> Do not drive until you have stopped taking your prescription pain medicine. <input type="checkbox"/> Shower every day using your usual soap. Gently wash around the incision area. Pat it dry. <p>Follow-up Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to the clinic for your follow-up visit 1 to 2 weeks after discharge. <input type="checkbox"/> Call 206.606.2018 if you have any questions or concerns.