



Amputation Below the Knee CareMap

For _____

Getting Ready for Surgery	Day Before Surgery
<p>Planning for surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visits with: <ul style="list-style-type: none"> <input type="checkbox"/> Your surgeon <input type="checkbox"/> Your rehab clinic team <input type="checkbox"/> Your anesthesiologist to talk about the medicines you will receive during surgery <input type="checkbox"/> Tell your primary care provider (PCP) about your surgery. Please tell your clinic nurse if you do not have a PCP. <input type="checkbox"/> Consider going to the Amputee Support Group on Tuesdays. <p>Planning for being away from home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will be away from home for at least 4 days. Make plans to cover these tasks while you are away: <ul style="list-style-type: none"> <input type="checkbox"/> Child care <input type="checkbox"/> Pet care <input type="checkbox"/> Paying bills <input type="checkbox"/> Taking care of your house <input type="checkbox"/> If you have concerns about where you will go when you leave the hospital, tell your care team. They will set up a time for you to talk with a social worker. <p>Planning for your return home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> During recovery, your ability to get around will be limited. You may need someone to help with daily living. <input type="checkbox"/> Set up your home so that you do not need to use stairs. <input type="checkbox"/> You will need a mobility device to help you get around. Your Physical Therapist in the hospital will help you decide what device is best for your needs. 	<ul style="list-style-type: none"> <input type="checkbox"/> Pack for your hospital stay. Ask your family or friends to bring your belongings once you have settled into your hospital room after surgery. <p>What to bring (if needed):</p> <ul style="list-style-type: none"> <input type="checkbox"/> C-PAP machine <input type="checkbox"/> List of medicines you now take <input type="checkbox"/> Walker, wheelchair, cane, or other mobility devices you have <input type="checkbox"/> Hearing aid, glasses, dentures <input type="checkbox"/> Books, magazines, or other things you can do while resting in bed <p>What your family can bring:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Money for discharge prescription co-pay (cash, charge, or debit card) <input type="checkbox"/> Electronic devices <p>Do not bring:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medicines, unless you were told to bring them <input type="checkbox"/> Jewelry and other valuables <p>Night Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a shower or bath using the antibacterial soap you received at your pre-surgery visit. <input type="checkbox"/> Starting 8 hours before you arrive for surgery: Do not eat meat or food that is high in fat. <input type="checkbox"/> Starting 6 hours before you arrive for surgery: Do not eat anything. You may drink clear liquids (drinks you can see through) up until 2 hours before your arrival for surgery. These include water, tea or coffee (without milk), clear juices, and broth. <div style="text-align: right;">   </div>

Surgery Day

Before You Leave Home

- Take another shower or bath with the antibacterial soap.
- Take your daily medicines as you were told, with sips of clear liquid.

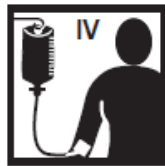


Starting 2 hours before you arrive for surgery:

- Do **not** eat or drink anything.

At the Hospital

- Check in at Surgery Registration on the ground floor of the Maleng Building (level G).
- A nurse will call you to come to the pre-op area.
- If you have diabetes, we will check your blood sugar.
- An *intravenous* (IV) tube will be placed in your arm to give you fluids, antibiotics, and pain medicine.
- Your nose will be swabbed with antiseptic. This will help reduce your risk of infection after surgery.
- 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.
- Your surgeon will visit with you to answer any questions
- The Anesthesiology Team will:
 - Talk with you about the pain medicines you will receive during surgery.
 - Take you to the operating room for your surgery.



After Surgery

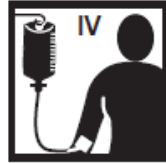
- You will:
 - Be moved to a bed in a hospital unit.
 - Have an IV in your arm to give you fluids, antibiotics and pain medicine, if needed.
 - May have a tube (*catheter*) in your bladder to drain urine.
 - Have a rigid dressing, such as a cast or splint.
 - Be given injections 2 times a day to prevent blood clots. You will need these injections for 6 weeks.
- You may also have a nerve catheter to help with pain control.
- Your nurse will help you:
 - Position yourself for best comfort. Avoid using pillows under your knees or hips.
 - Lay flat on your back or stomach for 30 minutes 3 times a day to help keep your joints flexible.
 - Get out of bed 3 times a day.
 - Learn breathing exercises to prevent lung infection (*pneumonia*).
 - Use your *incentive spirometer* (breathing device) and remind you to use it 10 times each hour every day while you are in the hospital.
- Return to your regular diet as you feel able.



Days 1 to 4 After Surgery

Hospital Stay

- At first, your pain will be managed by:
 - A nerve catheter, if your doctor prescribes it.
 - IV and oral medicines
 - Non-medicine methods
- Your Physical Therapist will help you start an exercise program that you can do in bed.
- Your team will care for your dressing(s).
- Your IV pain medicine will be stopped and you will start to take pain medicine by mouth every day.
- If you have a urine catheter, it will be removed. Your nurse will help you use the bedside commode.
- Lay flat for 30 minutes 3 times a day to help keep your joints flexible.
- Get out of bed 3 times a day.
- Avoid using pillows under your knees and hips.
- Your nurse will help you go to the Amputee Support Group on Tuesdays.
- Your team will talk with you about plans for safely leaving the hospital.
- If you have a nerve catheter, it will be removed.



Care Providers Who May Visit You

- Surgeon** to check on your dressing and recovery
- Pain Medicine Specialist** to adjust your pain control medicines
- Prosthetics and Orthotics** to teach you about artificial limbs
- Rehabilitation Psychology** to help you adjust to your amputation
- Rehabilitation Medicine Doctor** to help you plan for rehab
- Social Work** to help with discharge planning
- Physical Therapist** to help with mobility, exercise, and equipment you can use to help you get around
- Occupational Therapist** to teach you about daily self-care and to help you assess the safety of your home



Day 5: Discharge Day

You will:

- Receive your mobility equipment
- Learn about your medicines
- Talk about your home pain plan with your nurse
- Receive a schedule of your follow-up visits with your surgeon and the Rehab Amputee Clinic Team



Weeks 1 to 6 After Discharge

- Week 1 to 6:** Weekly visits in the Rehab Amputee Clinic to:
 - Change your rigid dressing
 - Inspect your incision
 - Help you taper your prescription pain medicines and adjust other medicines as needed

You will also meet with your surgeon in **week 1 or 2 to review your healing progress**

If your healing goes as expected:

- Week 3:** Physical Therapy visit for mobility and exercise program
- Week 4:** Remove half of the sutures
- Week 5:** Remove the remaining sutures
- Week 6:** After the cast is removed you will be given a shrinker sock to help reduce swelling

You will also work with Prosthetics and Orthotics to begin making your prosthesis.

Your Rehab Team can also help with:

- Therapy for pain management
- Return to driving
- Return to work
- Coping and emotional support



Questions or Concerns?

Before surgery:

- Until 4 p.m. the day before surgery, call the Patient Care Coordinator at 206.744._____
- From 4 p.m. to 6 p.m. on the day before surgery, call the Ambulatory Surgery Unit at 206.744.5432
- After 6 p.m. the night before surgery, call the Operating Room at 206.744.8800

After discharge:

- Weekdays from 8 a.m. to 4 p.m, call _____
- Evenings, weekends, and holidays, call _____