







# Complex Hernia Surgery CareMap

How to prepare and what to expect during your hospital stay

The steps in this CareMap are for your healing, comfort, and safety.

Before Surgery Day	Surgery Day	
<p><b>At your clinic visit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Surgery teaching</li> <li><input type="checkbox"/> Review this CareMap with nurse and talk about what to expect</li> <li><input type="checkbox"/> Be screened for bacterial infections (MRSA and MSSA)</li> </ul> <p><b>5 days before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start drinking your immunonutrition supplement drink 3 times a day. If you have diabetes, drink ½ serving 6 times a day.</li> <li><input type="checkbox"/> Arrange to have a responsible adult stay with you for the first 24 hours after you get home from the hospital</li> </ul> <p><b>The day before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> In the afternoon, receive a call from the hospital with your assigned arrival time</li> </ul> <p><b>The night before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a shower with the antibacterial soap that was prescribed</li> <li><input type="checkbox"/> Before midnight, drink 8 ounces of apple juice</li> <li><input type="checkbox"/> After midnight, do not eat or drink anything (unless your surgeon told you to drink clear liquids)</li> </ul>	<p><b>Before you leave home:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed</li> </ul> <p><b>At the hospital:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drink 8 ounces of apple juice in your car, before you check in</li> <li><input type="checkbox"/> Check in at Surgery Registration at your assigned arrival time</li> <li><input type="checkbox"/> A nurse will call you to come to the Pre-Op area</li> <li><input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and antibiotics</li> <li><input type="checkbox"/> 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)</li> <li><input type="checkbox"/> The Anesthesiology Team will take you to the operating room</li> </ul>	<p><b>After surgery, you will:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wake up in the recovery area</li> <li><input type="checkbox"/> Be moved to a bed in a hospital unit</li> </ul> <p><b>You will have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An IV in your arm to give you fluids</li> <li><input type="checkbox"/> Compression devices on your legs to help with blood flow</li> </ul> <p><b>You may have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A Foley catheter in your bladder to remove urine</li> </ul> <p><b>Your nurse will:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Help you sit up on the side of your bed</li> <li><input type="checkbox"/> Start you on a regular diet as soon as you can handle food</li> <li><input type="checkbox"/> Teach you how to use your incentive spirometer and remind you to use it 10 times each hour every day while you are in the hospital</li> </ul>
	<p>Shower</p> 	<p>IV</p> 
	<p>Apple Juice</p> 	
	<p>IV</p> 	
		<p>Sit on Bed</p> 
	<p>Surgery</p> 	

Day 1	Day 2	Day 3 or 4: Discharge	At Home
<p><b>Medicines and Treatments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> When you start to eat a regular diet, you can take your pain medicines by mouth</li> <li><input type="checkbox"/> If you have a Foley catheter, it will be removed</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A physical therapist (PT) will assess you</li> <li><input type="checkbox"/> Your goals today are to: <ul style="list-style-type: none"> <li>- Be out of bed for all meals</li> <li>- Walk 9 laps around the unit</li> <li>- Be out of bed for a total of 6 hours</li> </ul> </li> </ul> <p><b>Bathing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sponge bath</li> </ul> <p><b>Planning</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask to meet with a social worker if you have concerns about where you will go after discharge</li> </ul>	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Your pain block will begin to wear off, so you may have more pain than you did right after surgery</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Day 2 until discharge, your goals are to: <ul style="list-style-type: none"> <li>- Be out of bed for all meals</li> <li>- Walk 18 laps around the unit</li> <li>- Be out of bed for 6 hours a day</li> </ul> </li> </ul> <p><b>Bathing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sponge bath or shower on Day 2</li> <li><input type="checkbox"/> Shower by Day 3</li> </ul> <p><b>Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Day 2: If you have a JP drain, a nurse will teach you how to use it</li> </ul>	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start to taper your pain medicines; take them only as needed</li> <li><input type="checkbox"/> While you are taking pain medicines, take MiraLAX laxative</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do not drive while taking prescription pain medicine</li> <li><input type="checkbox"/> Keep being active. Aim to walk at least 1 mile a day</li> <li><input type="checkbox"/> For 6 weeks, do not lift, push, or pull anything that weighs more than 20 pounds (about the weight of 2 gallons of paint)</li> </ul> <p><b>Bathing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You may shower at any time</li> </ul> <p><b>Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you have a drain, measure output every day</li> <li><input type="checkbox"/> Call the clinic when output is less than 30 cc for 2 days in a row</li> </ul>	<p><b>Medicines</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Start to taper your pain medicines; take them only as needed</li> <li><input type="checkbox"/> While you are taking pain medicines, take MiraLAX laxative</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do not drive while taking prescription pain medicine</li> <li><input type="checkbox"/> Keep being active. Aim to walk at least 1 mile a day</li> <li><input type="checkbox"/> For 6 weeks, do not lift, push, or pull anything that weighs more than 20 pounds (about the weight of 2 gallons of paint)</li> </ul> <p><b>Bathing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> You may shower at any time</li> </ul> <p><b>Drains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you have a drain, measure output every day</li> <li><input type="checkbox"/> Call the clinic when output is less than 30 cc for 2 days in a row</li> </ul>

