

Laparoscopic Cyst Fenestration or Thermal Ablation CareMap

Before, during, and after your hospital stay

Before Surgery Day	Day of Surgery
<p>Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plan for someone to drive you to the hospital and bring you home. <input type="checkbox"/> Plan for a responsible adult to help you at home for a few days after surgery. <p>7 Days Before</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking aspirin, <i>nonsteroidal anti-inflammatory drugs</i> (NSAIDs), herbal supplements, vitamins, and any other medicines that may thin your blood. <input type="checkbox"/> If you have sensitive skin, wash a small area on your arm with a little of the chlorhexidine (CHG) soap. If a rash appears, contact your care team. <p>2 Days Before</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do NOT shave any part of your body you do not shave every day. <input type="checkbox"/> Stop shaving near the surgery site. <p>Day Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> A nurse will call you between 2 p.m. and 5 p.m. They will go over your arrival time, where to check in, fasting, medicines, and more. If your surgery is on Monday, a nurse will call you the Friday before. <input type="checkbox"/> If you do not receive this call by 5 p.m., please call 206.598.6334. <p>Night Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shower: Take a shower using CHG soap just before you go to bed. CHG helps lower the risk of surgical skin infections. To shower: <ul style="list-style-type: none"> - First, wash your entire body with your usual soap. Wash your hair with shampoo. Rinse well. - Pour half the bottle of CHG soap on a clean washcloth. - Turn the shower off. Wash from your shoulders to your knees. Include your groin crease but not your private area. - Wait for 1 minute before rinsing. <input type="checkbox"/> Fasting: Do not eat anything after midnight. You can drink clear liquids up to 2 hours before your check-in time. 	<p>At Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fasting: You may drink clear liquids up to 2 hours before your check-in time. <input type="checkbox"/> Medicines: If the nurse said you could take some of your medicines, take them with only a small sip (2 ounces) of water. <input type="checkbox"/> Shower: Take another shower with CHG soap, as you did last night. <ul style="list-style-type: none"> - Do not apply lotions, deodorants, scents, or hair products. - Put on clean, comfortable clothes. <p>At the Hospital</p> <p>Your surgery will be in the Surgery Pavilion, 1959 N.E. Pacific St., Seattle, WA 98195. Park in the Surgery Pavilion parking garage.</p> <p>Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> We will place an intravenous (IV) line in your arm. This will be used to give you fluids and medicines during surgery. <p>After Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will wake up in the recovery room. You will stay there for several hours. Nurses will: <ul style="list-style-type: none"> - Watch your blood pressure, heart rate, and breathing. - Make sure your incisions do not have any abnormal drainage. - Make sure your pain is under control. <input type="checkbox"/> If your surgery is: <ul style="list-style-type: none"> - Late in the day, you will stay in the hospital overnight. - Early in the day and your surgeon says it is OK, you can go home. <p>Discharge Checklist</p> <p>Before you can go home, you must:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be able to drink, eat, and urinate (pee). <input type="checkbox"/> Have a responsible adult who will take you home. <input type="checkbox"/> Review your discharge plan and make sure you (or a caregiver) understand how to care for your incision. <input type="checkbox"/> Review your medicine orders. Check your medicine bag to make sure you have everything listed on your orders.

Self-care at Home

Incisions and Wound Care

You will have 3 to 4 small incisions on your upper stomach. One incision may be slightly larger and more tender than the others.

- Check your incisions daily. Call the nurse if you have increasing redness, drainage, or tenderness.
- Your incisions will be covered with white tape called Steri-strips. Leave it on for 10 to 14 days after surgery or until the tape starts curling up at the ends.
- Remove the gauze dressing over your incisions 48 hours after surgery. If the dressing is bloody or damp, apply another dressing until drainage stops.
- It is normal to have 'pinkish' drainage for several days after surgery.
- Starting 48 hours after surgery, **shower every day**. Let soapy water run down over your incisions and pat dry. This helps lower the risk of wound infections.
- If you have any questions about your wound or your wound care, call the Nurse Advice line at 206.598.4477 and press 2. If needed, we will explain how to send us a picture of your wound.

Activity

- Do **not** shower until 48 hours after your surgery. Then shower every day.
- For 4 to 6 weeks, do **not** lift, push, or pull anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).
- For 4 to 6 weeks, do **not** do anything that puts stress on your belly muscles.
- For at least 4 weeks, or until your incisions are fully healed: Do **not** swim, take a bath, or sit in a hot tub or sauna.
- Get up out of bed during the day. Walking helps your recovery.
- Be more active every day. Being active lowers the risk of blood clots and pneumonia, helps your appetite, helps you sleep better at night, and lessens constipation.
- Do **not** drive while taking opioid pain pills.

Pain Control

- You will go home with opioid pills, to take if needed for moderate to severe pain. The dose on the bottle is the **largest safe dose**. Try to take less than this amount. If the bottle says, "Take 1 to 3 pills every 3 hours for pain," try taking 2 pills every 6 hours or 3 pills every 5 hours. Do **not** take any more than 3 pills every 3 hours.
- Take a smaller dose of opioids as your pain lessens. This is called *tapering*.

Opioid Side Effects

Too much opioid slows your recovery. Opioids can also cause:

- Constipation. Take stools softeners to avoid getting constipated. It may be 2 to 3 days after surgery before you have your first bowel movement.
- Sleepiness and lower energy level.
- Poor appetite, nausea, and even vomiting.

Opioid Refills

- Refills cannot be called or faxed to a pharmacy.
- You or a family member must call the clinic. We will assess your pain and decide whether to prescribe a refill.

Diet

- Drink 6 to 8 full glasses a day of water and juices.
- Try to eat at least 3 meals a day. Eat lots of protein to help your body heal.

When to Call

Call your nurse or doctor if you have:

- Fever higher than 100.5°F (38°C)
- Shaking, chills, or night sweats
- Nausea, vomiting, or diarrhea that lasts 2 days or longer
- Bleeding or drainage that soaks your dressing
- Signs of infection in your incision:
 - Increasing pain, redness, or warmth
 - Drainage that smells bad

Who to Call

- A nurse from your surgeon's office will call by about 1 week after surgery to check on your recovery.
- Weekdays from 8 a.m. to 5 p.m., call the Nurse Advice Line at 206.598.4477 and press 2.
- After hours and on weekends and holidays, call 206.598.6190 and ask to page the resident on call for Surgery H Team.