

Open Abdominal Aortic CareMap: Your Hospital Stay

For _____

Planning for Your Surgery

- Make plans for:
 - Your ride home after your hospital stay. Make sure you can easily ride in the vehicle.
 - Pet care while you are away, if needed
 - A responsible adult to be with you 24 hours a day for 5 to 7 days after you get home. You will need help with your care and preparing meals during this time.
- Tell your primary care provider (PCP) about your upcoming surgery. If you do not have a PCP, please talk with your clinic nurse.
- 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.
- You will visit with the anesthesia team to talk about the medicines that will be used during surgery.

Starting 5 days before surgery:

- If you do **not** have diabetes:* Drink 1 carton of Ensure Surgery drink 3 times a day for 5 days. Check 3 boxes for each day in the table below.
- If you have diabetes:* Drink ½ carton of Ensure Surgery drink 6 times a day for 5 days. Check 6 boxes for each day in this table:

Day 1		Day 2		Day 3		Day 4		Day 5	
DATE		DATE		DATE		DATE		DATE	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Day Before Surgery

- Pack for your hospital stay. Ask your family or friends to bring your belongings after you have settled into your hospital room after surgery.

What you will bring (if needed):

- C-PAP machine
- List of medicines you now take
- Walker, wheelchair, cane
- Hearing aid, glasses, dentures
- Advance directive(s), if you have them

What your family can bring:

- Money for prescription co-pay (cash, charge, or debit card)
- Electronic devices and chargers

Do NOT bring:

- Medicines, unless you were told to bring them
- Jewelry and other valuables

Night Before Surgery

- Use the antibacterial soap or wipes you were given to take a shower or sponge bath.
- Do **not** shave the skin on your abdomen or groin. Shaving can increase the risk of infection.
- Before midnight:** *If you do **not** have diabetes:* Drink 1 carton of Ensure Clear drink. *If you have diabetes:* Drink water instead.
- Starting 8 hours before you arrive for surgery:** Do **not** eat a heavy meal. You may eat a light, healthy snack.
- 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 you arrive for surgery.

Surgery Day

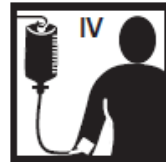
Before You Leave Home

- Take another shower or sponge bath with the antibacterial soap or wipes given to you.
- Take your daily medicines as instructed by your pre-anesthesia nurse.
- If you do **not** have diabetes:* Drink 1 carton of Ensure Clear at _____.
- 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).
- Give staff at Registration a copy of your advance directive(s) if you have them.
- 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 and antibiotics.
- Your nose will be swabbed with antiseptic. This will help reduce your risk of infection after surgery.
- An anesthesiologist may place an *epidural* line in your back to give you pain medicine.
- 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.
- The Anesthesiology Team will take you to the operating room for your surgery.



After Surgery

- You will be moved to a bed in the Intensive Care Unit (ICU) for 2 to 3 days.

You will have:

- An IV in your arm to give you fluids, antibiotics, and pain medicine
- Wraps on your lower legs that inflate to help prevent blood clots
- An epidural in your back to give you pain medicine, if you had one placed before surgery
- A catheter (tube) in your bladder to drain urine

Your nurse will help you:

- Learn breathing exercises to prevent 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



Day After Surgery

- Your nurse will remove your urine catheter early in the morning.
- Whenever you are in bed during your hospital stay, you will wear leg wraps to help prevent blood clots.
- You will have an abdominal wrap to help with your pain and mobility.
- You will start a clear liquid diet once you are awake, can swallow, and are not nauseated.
- Your diet will progress when you can handle solid foods. To order food, call 4.5678 from your bedside phone.
- If you have an epidural, do **not** get out of bed without help from a member of your care team.
- You will get up and sit in a chair for meals, and stand and sit several times during the day.
- You will talk with a member of your care team about your discharge plan.



Day 2 Until Discharge

- Your pain will be managed by medicine and non-medicine methods.
- Walk the hall as often as you can to help you heal faster.
- Your care team will:**
 - Remove your epidural and give you pain medicine by mouth.
 - Teach you how to remove the dressings that are over your incisions.
 - Teach you how to care for your incisions.
- You will be ready for discharge when:**
 - You can eat and are passing gas
 - You are in good control of your pain when active
 - You can safely walk 3 laps of the unit in the halls in a day
 - Your incision is dry and has no sign of infection
 - You no longer need your IV
- Talk with a member of your care team about your discharge plan:**
 - If your discharge plan is to go home, confirm your ride home will be ready by noon on your discharge day, and that you will have help at home. If your driver cannot come by noon, they may meet you in the discharge lounge.
 - If you have concerns about where you will go after discharge, tell your care team so that you can talk with a social worker.



Discharge Day

- If you are going home:
 - Your doctor will write a prescription for new medicines. This includes pain medicines.
 - Fill your prescription at Harborview or at your choice of pharmacy.
- If you are going to a skilled nursing facility, they will provide all of your medicines.
- Your PCP will receive medical records from your hospital stay.
- Your nurse will talk with you about your discharge instructions.
- Congratulations on your progress with recovery!



After Discharge

- If you go home after discharge:**
- A unit nurse will call you 2 days after discharge to check on how you are doing.
 - Follow your discharge instructions for activity restrictions, pain control, and care of your incision.
 - Talk with your PCP about any health issues or concerns.
 - You will return to the Vascular Surgery Clinic in 2 weeks for follow-up care.



Questions or Concerns?

Before surgery:

- Until 4 p.m. the day before surgery, call the Patient Care Coordinator at 206.744.3241. When you hear the recording, press 8 and then 5.
- After 4 p.m. on the day before surgery, call the Ambulatory Surgery Unit at 206.744.5432.

After discharge:

- Weekdays from 8 a.m. to 4 p.m., call the Vascular Surgery Clinic at 206.744.3241. When you hear the recording, press 8 and then 5.
- Evenings, weekends, and holidays, call the Discharge Nurse at 206.744.3276.