

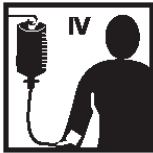
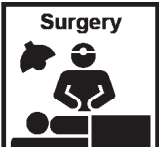




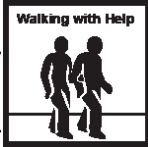


Liver Resection (Robotic) CareMap

How to prepare and what to expect during your hospital stay

Before Surgery Day	Surgery Day	
<p><input type="checkbox"/> A follow-up visit will be scheduled for after your hospital stay. This appointment may change based on your day of discharge.</p> <p><input type="checkbox"/> Quit smoking at least 2 to 4 weeks before surgery.</p> <p>Starting 7 days before surgery:</p> <p><input type="checkbox"/> Walk 2 miles or for 20 minutes every day until your surgery.</p> <p><input type="checkbox"/> Stop taking aspirin, NSAIDs*, vitamins, and herbal supplements.</p> <p>* NSAIDs are nonsteroidal anti-inflammatory drugs. They include ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn) and others.</p> <p>Starting 5 days before surgery:</p> <p><input type="checkbox"/> Drink your immunonutrition supplement drink 3 times a day. If you have diabetes, drink ½ serving 6 times a day.</p> <p>Day before surgery:</p> <p><input type="checkbox"/> Take a shower and follow these steps:</p> <ol style="list-style-type: none"> 1. Shower and shampoo with your usual soap. 2. Rinse well. 3. Pour ½ bottle of chlorhexidine on a clean, wet washcloth. 4. TURN SHOWER OFF. 5. Using the washcloth, wash from your shoulders to your knees. Include your groin creases, but NOT your private parts. 6. Leave soap on skin for 1 minute. 7. Rinse well. <p>Night before surgery:</p> <p><input type="checkbox"/> Drink one 8-ounce bottle of apple juice before midnight. After midnight, you may have only clear liquids, nothing else by mouth.</p>	<p>Before you leave home:</p> <p><input type="checkbox"/> Take another shower. Follow the steps under “Day before surgery.” </p> <p><input type="checkbox"/> Starting 2 hours before your surgery, do not eat or drink anything EXCEPT:</p> <ul style="list-style-type: none"> - Right after you park at the hospital, drink one 8-ounce bottle of apple juice.  <p>At the hospital:</p> <p><input type="checkbox"/> Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at your assigned arrival time.</p> <p><input type="checkbox"/> A nurse will call you to come to the Pre-Op area.</p> <p><input type="checkbox"/> An IV will be placed in your arm to give you fluids, antibiotics, and pain medicine. </p> <p><input type="checkbox"/> We will give you a heating blanket to keep you warm.</p> <p>The Anesthesiology Team will:</p> <p><input type="checkbox"/> Tell you how long the surgery will last. </p> <p><input type="checkbox"/> Take you to the operating room.</p>	<p>After surgery, you will:</p> <p><input type="checkbox"/> Wake up in either the recovery area or the intensive care unit (ICU).</p> <ul style="list-style-type: none"> - If you are in the ICU, you may have a breathing tube. <p><input type="checkbox"/> Have an IV in your arm to give you fluids and antibiotics. </p> <p><input type="checkbox"/> Wear compression devices on your legs while you are in bed to help with blood flow.</p> <p><input type="checkbox"/> Use a pain pump to give yourself pain medicines through your IV.</p> <p><input type="checkbox"/> Receive an injection of long-acting local anesthetic to your incision while you are asleep.</p> <p><input type="checkbox"/> Have a Foley catheter in your bladder to drain urine.</p> <p><input type="checkbox"/> Be moved to a room on a care unit.</p> <p>In your room, you will:</p> <p><input type="checkbox"/> Start taking sips of clear liquids. </p> <p><input type="checkbox"/> Sit up on the edge of your bed with a nurse’s help. </p>

Day 1	Days 2 to 4	Discharge Day
<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will use your pain pump to give yourself pain medicine as needed. <input type="checkbox"/> The Foley catheter will be removed from your bladder. <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start to eat solid foods. 	<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 medicine by mouth (oral). <input type="checkbox"/> If you need enoxaparin, you will learn how to give yourself shots. <p>Diet</p>	<p><i>Discharge will be on Day 2, 3, or 4, depending 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. <input type="checkbox"/> You will receive a prescription for oral pain medicine at discharge.
<p>Activity</p> <p>A nurse will teach you how to use an incentive spirometer:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use it 10 times every hour to help keep your lungs clear and to help you heal more quickly. <p>The more you move, the faster your body will heal:</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"/> Your goal is to walk ½ mile in the halls today. <input type="checkbox"/> Aim to be out of bed for 6 hours today. <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 on a regular diet. <input type="checkbox"/> Have your pain under control. <input type="checkbox"/> Be able to walk by yourself. 	<p>Activity</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p>Chair for Meals</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p>Walking with Help</p> </div> </div> <ul style="list-style-type: none"> <input type="checkbox"/> Your goal is to walk 1 to 1½ miles in the halls today. <input type="checkbox"/> Shower by Day 2. <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. <input type="checkbox"/> Ask to meet with a social worker if you have concerns about where you will go after discharge. 	<p style="text-align: center;">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"/> Take laxatives while you are taking prescription pain medicine. <ul style="list-style-type: none"> - Try a laxative such as Senna, MiraLax, or Milk of Magnesia. - Stop taking laxatives if you have diarrhea. <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> You can eat your regular diet. <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 the incision area and pat it dry.