





Middle Fossa and Translabyrinthine CareMap

Before, during, and after your hospital stay

Activities Before Surgery		
1 to 4 Months Before Surgery	1 to 2 Weeks Before Surgery	24 Hours Before Surgery
<p>First Clinic Visit:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have your consult visit and make the decision to proceed with surgery. <input type="checkbox"/> Tell your provider about all medicines you are currently taking. <p>Diet:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your provider will talk to you about healthy diet and active lifestyle. <p>Labs and Tests:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take an audiogram to test your ability to hear sounds, if your provider ordered one. <input type="checkbox"/> You will have an X-ray exam, if your provider ordered one. <p>Medicines:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your provider will talk with you about medicines including <i>anticoagulants</i> (medicines that prevent blood clots).  <p>Activity:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk 1 to 2 miles per day before surgery day. 	<p>Pre-Op Clinic Visit:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your provider will discuss this CareMap with you so you know what to expect before, during, and after the procedure. <input type="checkbox"/> Your provider will talk with you about your hospital stay and discharge plan. <input type="checkbox"/> You will sign consent forms for the procedure. <input type="checkbox"/> Tell your provider about all medicines you are currently taking. <input type="checkbox"/> Schedule follow-up clinic visits after surgery. <p>Labs and Tests:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take an audiogram, if you have not already. <input type="checkbox"/> Take your pre-surgery lab tests. <input type="checkbox"/> Your provider may have you take an MRI or CT scan. <p>Medicines:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking all supplements (such as fish oil, vitamins, and others). <input type="checkbox"/> Follow your provider's directions for stopping all anti-inflammatory or anti-coagulant medicines. <p>Activity:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to walk 1 to 2 miles per day before surgery day. 	<p>Diet:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not eat any solid food after midnight. <input type="checkbox"/> You may drink clear liquids up to 2 hours before surgery.  <p>Medicines:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Closely follow all instructions your provider gave you about what medicines to take on the day of surgery. Your surgery may be canceled if you take medicines we asked you not to take. <input type="checkbox"/> When you come to the hospital, bring a list of all medicines you are currently taking so your provider can review them.  <p>Preparations:</p> <ul style="list-style-type: none"> <input type="checkbox"/> After showering do not use deodorant, scents, perfume, make-up, or leave-in hair products. <input type="checkbox"/> Wash your hair the night before. <input type="checkbox"/> Bring your own CPAP/BiPAP to the hospital, if you will need one.

Surgery Day (Day 0)

Before Surgery (Pre-Op)

- Check in at Surgery Registration at your assigned time. You can check in on the 2nd floor of the Surgery Pavillion.
- A nurse will call you to come to the pre-op area.
- We will place an intravenous (IV) tube in your arm. This will be used to give you fluids and antibiotics. The IV will also be used for sedation when you are in the operating room.
- Your surgeon will mark the surgical site on your body.
- We will give you a heating blanket to keep you warm and help prevent infection.
- The anesthesiology team will talk with you and take you to the operating room (OR).
- We will place *compression devices* on your legs to help with blood flow. These fill with air and squeeze your legs to help prevent blood clots.



Monitoring and Pain Management:

- Your nurse will check your blood glucose levels and vital signs.
- You will be given acetaminophen (Tylenol) for pain.

On the Hospital Unit

- You will wake up in your hospital room.
- You will have a *Foley catheter* (tube) in your bladder to remove urine, if needed.
- We will give you medicines through your IV to help with digestion and nausea.
- We will give you clear liquids to sip, and ice chips to chew.



Monitoring and Tests:

- Nurses will assess you when you arrive and throughout your stay to:
 - Check on you often to make sure you are safe and comfortable
 - Check your surgical site, breathing, blood pressure, and heart rate
- You may need to take a CT head scan, if your provider ordered one.



Pain Management:

- First, we will give you pain medicine through your IV. When your digestion is working again, we will give you pain pills.
- As your body recovers from surgery, you will slowly return to a normal diet.
- Do not get out of bed without help from hospital staff. Your nurse will tell you when it is okay for you to stand up on your own.

Activity:

- Sit up on the edge of your bed, as soon as you are able. Wait for your nurse to help you sit up.
- A physical therapist (PT) will assess you.
- You will be given deep breathing exercises to do one time each hour.



Days 1 - 3 (Until Discharge)	Self care at Home After Discharge	Questions or Concerns?
<p>Monitoring & Pain Management:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will begin to take pain pills instead of IV medicine, when you are able. <input type="checkbox"/> Your doctor will prescribe pain medicines based on your needs. <input type="checkbox"/> Nurses will continue to monitor your vital signs. <input type="checkbox"/> You may have an <i>audiogram</i> test to test your hearing. <input type="checkbox"/> If you have a Foley catheter, it will be removed when you are able to use the toilet on your own again. <p>Diet:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Return to a solid food diet, when you are able. <p>Activity:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to sit up in a chair at least 4 times a day <input type="checkbox"/> Your nurse will help you take short walks, when you are able. <p>Goals for discharge:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Able to eat solid food. <input type="checkbox"/> Return of bowel function. <input type="checkbox"/> Walking around safely. <input type="checkbox"/> Diabetic and pharmacy education completed, if indicated. 	<p>1 Week After Surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have your post-procedure clinic visit. <input type="checkbox"/> Walk multiple times per day. <input type="checkbox"/> Start to slowly <i>taper</i> (decrease) your pain medicine. Take it only as needed. Ask your nurse how to do this. <input type="checkbox"/> We will give you instructions for showering. <p>1 Month After Surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not lift anything that weighs more than 15 pounds (this is about 2 gallons of water) <input type="checkbox"/> Do not strain, push, or pull heavy objects. <input type="checkbox"/> Do not do any strenuous activity. Ask for help with household chores, such as vacuuming, lifting, and gardening. <input type="checkbox"/> After 1 week you may shower at any time: <ul style="list-style-type: none"> • For Translabyrinthine patients with abdominal fat graft, do not submerge your abdominal incision in water for one week after surgery. • If you have a dressing on your head, do not get the dressing wet. <input type="checkbox"/> Continue or start PT (physical therapy), as instructed. <input type="checkbox"/> Continue walking multiple times a day <p>Medicines:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take stool softeners, as needed. <input type="checkbox"/> Take acetaminophen (Tylenol) and ibuprofen (Motrin) as needed for breakthrough pain <p>Follow-up Visits:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your first follow-up visit will be in 1-2 weeks to remove your <i>sutures</i> (stitches). <input type="checkbox"/> Your second follow-up clinic visit will be in 1 month for your audiogram. 	<p>Your questions are important. Call your care team if you have questions or concerns.</p> <p>Clinics:</p> <ul style="list-style-type: none"> • UWMC-Montlake Neurological Surgery Clinic: (206) 598-5637 • UWMC-Montlake Otolaryngology-Head and Neck Surgery Center: (206) 598-4022 <p>For urgent needs after hours: Call ENT resident on call at (206) 598-6190</p>

