

Pheochromocytoma CareMap: Your Hospital Stay

How to prepare and what to expect

| Before Surgery Day | Surgery Day | |
|---|---|--|
| <p>At your pre-surgery clinic visit:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with your surgeon and other members of your care team. Learn what to expect before, during and after surgery. <input type="checkbox"/> Sign consent papers. <input type="checkbox"/> Make sure your follow up visit is set up for 2 weeks after discharge. <input type="checkbox"/> Confirm that you have a heart rate (HR) monitor and blood pressure (BP) monitor at home. <p>About 14 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with your Endocrinologist. <input type="checkbox"/> Begin taking medicines as prescribed before surgery. <input type="checkbox"/> Follow a high-sodium diet. Drink more water. <input type="checkbox"/> Check your HR and BP every day, using the form we gave you. Call your nurse if you have any questions or concerns. <p>7 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking NSAIDs (<i>non-steroidal anti-inflammatory drugs</i>), vitamins, and other supplements. <input type="checkbox"/> Meet with the Pre-Anesthesia nurse or Anesthesia resident. <p>Day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive a call from the hospital with your assigned arrival time. <p>Night before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Before you go to bed, take a shower with the special soap that was prescribed: <ul style="list-style-type: none"> - Shower and shampoo with your regular soap. - Rinse well. - Wet a clean washcloth, then turn the shower off. - Pour 1/2 bottle of CHG soap on the washcloth. Use the washcloth to wash from your shoulders to your knees. Wash your groin crease, but not your private parts. - Leave the soap on your skin for 1 minute. - Rinse well. <input type="checkbox"/> After midnight, do not eat anything. You may take sips of clear liquids if needed to take your medicines. | <p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower using the same steps as last night. <input type="checkbox"/> Do not apply deodorant, lotions, scents, or hair products after your shower. <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration (Surgery Pavilion, 2nd floor) at your assigned arrival time. <input type="checkbox"/> A nurse will take you to the pre-op area. Your family may come with you. <input type="checkbox"/> An intravenous (IV) line will be placed in your arm to give you antibiotics and fluids. <input type="checkbox"/> We will give you a heating blanket to keep you warm, improve healing, and lower infection risk. Keep the blanket on, even if you feel warm enough. <input type="checkbox"/> Your nurses will review your current medicines, and your doctors will review any updates to your health history. <input type="checkbox"/> You will meet with your surgeons, who will answer any questions you may have. <input type="checkbox"/> The Anesthesia team will talk with you about the <i>anesthesia</i> (sleeping medicine) you will receive during surgery. They will place an <i>arterial line</i> (tube) into your wrist. This will be used to check your blood pressure during surgery. <input type="checkbox"/> The Anesthesiology team will take you to the operating room. <input type="checkbox"/> We will take your family or friends to the waiting room. | <p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be moved to the intensive care unit so that we can watch you closely. <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and medicines. <input type="checkbox"/> Leg wraps that fill with air from time to time, to help blood flow and lower the risk of blood clots. <input type="checkbox"/> A <i>Foley catheter</i> (tube) in your bladder to drain urine. This catheter was placed during surgery. <input type="checkbox"/> An arterial line in your wrist. <input type="checkbox"/> A larger IV (central line) in your neck that was placed during surgery. <p>Your nurse will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Help you sit up on the edge of your bed. <input type="checkbox"/> Check on you every hour. <input type="checkbox"/> Teach you how to use an <i>incentive spirometer</i> (IS). This device helps keep your lungs clear so that you heal more quickly. |



Daily Until Discharge

Medicines and Treatments

- You will receive pain pills to take, as needed.
- You may receive fluids through the IV.

Diet

- If you do not have nausea, swelling, belching, or hiccups, you can start a regular diet.

Activity

- Use your IS 10 times every hour.
- Do **not** get out of bed without help from staff.

Moving will help your body heal faster:

- Sit up in a chair for all of your meals.
- Take 3 to 4 walks in the hall.
- On day 1, your goal is to walk 9 laps of the unit. Starting on day 2, your goal is to walk 18 laps of the unit.



- Aim to be out of bed for 8 hours.



Bathing

- Sponge bath or shower.

Planning

- Know your goals for discharge:

- Ask to meet with a social worker if you have concerns about where you will go after discharge.

On Discharge Day

- Shower and dress in your own clothes by 9 a.m.
- A pharmacist will teach you about your home medicines.
- Make sure you have a follow-up clinic visit for 2 weeks after discharge.



At Home

Medicines

- Taper your pain pills. Take them only as needed.
- If you are constipated, take the stool softener your doctor prescribed.

Diet

- Eat your regular, healthy diet.
- Drink plenty of water. This will help your recovery.



Activity

- Be active. Try to walk up to 1 mile every day.
- For 4 to 6 weeks after discharge, do not lift anything that weighs more than 15 pounds (2 gallons of water weigh more than 16 pounds).



Bathing

- You may shower at any time. Use regular soap. Gently wash the incision area and pat it dry.
- Do **not** take a bath, sit in a hot tub, go swimming, or immerse your incision in water until your surgical team says it is OK.

