

Pressure Injury Flap Surgery CareMap: Your Hospital Stay

For _____

Getting Ready

Plans for Your Surgery

- You will be scheduled to meet with:
 - Your surgeon 1 week before your surgery.
 - Your rehab clinic nurse the same day that you meet with your surgeon.
 - Your pre-anesthesia team before your surgery to plan for your medicines during surgery.
- Tell your primary care provider (PCP) about your upcoming surgery. If you do not have a PCP, talk with your clinic nurse.

Plans for Being Away from Home

- Make plans to have your wheelchair delivered to the 24-hour care facility where you will stay after leaving Harborview.
- You will be away from your home at least 6 weeks. Make plans for these tasks while you are away:
 - Child care
 - Pet care
 - Bill payments
 - Household management
- 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.

Day Before Surgery

- Do your regular bowel routine. Your next bowel program will be the 2nd day after your 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:

- Wash with the antibacterial soap that you received at your pre-surgery visit.
- Before midnight:** If you do not have diabetes, drink 1 carton of Ensure Clear that was given to you.
- Take 2 tablets of 500 mg Extra Strength Tylenol with your Ensure Clear (or with water if you have diabetes).
- Starting 8 hours before your surgery time:** Do not eat meat or food that is high in fat.
- Starting 6 hours before your surgery time:** Do not eat anything. You may keep drinking clear liquids (drinks you can see through) up until 2 hours before you arrive for surgery.



Surgery Day

Before You Leave Home

- Wash again with the antibacterial soap again that you received at your pre-surgery visit.
- If you do not have diabetes: Drink 1 carton of Ensure Clear 2 hours before you arrive for surgery.



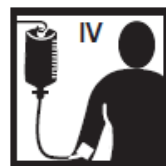
Starting 2 hours before you arrive for surgery:

- Do **not** eat or drink anything.
- Take your daily medicines as you were told, with sips of clear liquid.



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, your blood sugar will be checked.
- An *intravenous* (IV) tube will be placed in your arm to give you fluids, antibiotics, and pain medicine.
- Your nose will be swabbed with antiseptic to help reduce your risk of infection after surgery.
- 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.
- Your surgeon will visit you in pre-op to answer any questions.
- The Anesthesiology Team will take you to the operating room for your surgery.

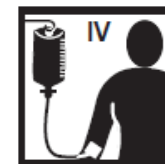


After surgery, you will:

- Be moved to a special bed in a hospital unit.
- Lie flat to avoid putting pressure on your incision.

You will have:

- An IV in your arm to give you fluids, antibiotics, and pain medicine, if needed.
- A tube in your bladder to remove urine.
- Drain tubes in your incision to help with healing. Your doctor will decide when the drains can be removed.



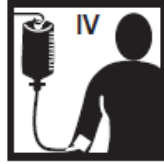
Your nurse will help you:

- Position yourself for comfort. You will not be on a regular turning schedule.
- Learn breathing exercises to prevent lung infection (pneumonia).
- Use your *incentive spirometer* and remind you to use it 10 times each hour every day while you are in the hospital.
- Start a clear liquid diet.



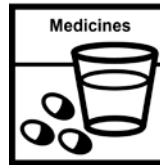
Hospital Stay: Days 1 to 4 After Surgery

- At first, your pain from surgery will be managed by:
 - IV medicines
 - Non-medicine methods



- You will be on bed rest and will need to lay flat.
- Your therapist will help you begin an exercise program that you can do in bed.
- Your team will care for your dressing(s), incision, and drain(s).

- Your IV pain medicine will be stopped and you will start to take pain medicine by mouth.
- You will be on IV antibiotics until your surgeon decides they can be stopped.






- You will return to eating solid foods.
- You will resume your regular bowel program, while in your bed.



Discharge Day: Day 5

- Confirm that your wheelchair will be delivered to your 24-hour care facility, as was arranged.
- You will ride to your care facility in an ambulance.



24-hour Care Facility: Bed Rest Phase	24-hour Care Facility: Flap-Lying Phase	24-hour Care Facility: Flap-Sitting Phase	After Discharge from 24-hour Care Facility
<p>GOAL:</p> <p>1. Wound healed well enough so you can progress to flap-lying phase.</p> 	<p>GOALS:</p> <p>1. Able to lie on your flap for 1 hour. 2. Your hip ROM exercises do not stress your flap site, so you can sit safely.</p> 	<p>GOAL:</p> <p>1. Able to sit on your flap for at least 4 hours without stress to flap site.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> You will return to your living situation, as decided before your surgery. <input type="checkbox"/> You will have a follow-up visit at the Rehab Clinic. Please call 206.744.5862 to confirm your appointment time. <input type="checkbox"/> You will slowly increase your sitting time until you return to your normal level of activity. <input type="checkbox"/> You will keep checking your skin after lying or sitting. <input type="checkbox"/> Please call the Rehab Clinic at 206.744.5862 if you have any concerns about your skin.
<ul style="list-style-type: none"> <input type="checkbox"/> Most patients use a specialty bed for about 2 to 3 weeks. <input type="checkbox"/> You will need to lie flat on your back or on your side. <input type="checkbox"/> You will continue your bowel program in bed, on your regular schedule. <input type="checkbox"/> You will keep doing your exercise program. You will not do any hip range of motion (ROM) exercises yet. 	<ul style="list-style-type: none"> <input type="checkbox"/> You will be moved to a bed with a low air-loss mattress <input type="checkbox"/> You will start increasing how long you lie on your flap. <input type="checkbox"/> You and staff will monitor your skin after each lying time. <input type="checkbox"/> Your hip ROM exercises will begin. <input type="checkbox"/> Flap-lying phase usually lasts 4 days. 	<ul style="list-style-type: none"> <input type="checkbox"/> Flap-sitting phase usually lasts 10 days or longer. <input type="checkbox"/> You will begin sitting on your cushion in your wheelchair, starting with 15 minutes, 2 to 3 times a day. <input type="checkbox"/> You will slowly increase your sitting time, until you reach your goal. <input type="checkbox"/> You will keep increasing how long you lie on your flap, in bed, up to 2 hours. <input type="checkbox"/> You and the care staff will check your skin after each lying and sitting time. 	

Questions or Concerns Before Surgery?

- Until 4 p.m. the day before surgery, call the Patient Care Coordinator at 206._____
- From 4 p.m. to 6 p.m. on the day before surgery, call the Ambulatory Surgery Unit at 206.744.5432.
- After 6 p.m. the night before surgery, call the Operating Room at 206.744.8800.