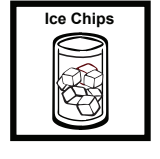


| Before Surgery Day | Surgery Day | |
|--|---|--|
| <p>Pre-surgery Surgeon Visit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tell your surgeon about all medicines and supplements you take. <input type="checkbox"/> Pick up a bottle of Chlorhexidine (CHG) soap from your surgeon’s office. <p>1 to 2 Weeks Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plan for your ride to and from the hospital. <input type="checkbox"/> Make sure you know what medicines you need to stop taking before surgery, and when. <input type="checkbox"/> Set up your first follow-up visit for after surgery. <input type="checkbox"/> Prepare your home for after surgery: <ul style="list-style-type: none"> - Make sure you have plenty of healthy whole foods on hand. - Buy some straws to help you drink fluids and stay hydrated. - Have extra pillows on hand to prop yourself up in bed. - Buy some good movies or books for your recovery time. <p>2 Days Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> If you have not received a call from our admitting nurse, call 206.668.6746. <p>Day Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat only light meals. <input type="checkbox"/> Do not eat or drink anything after midnight the night before your surgery. No mints, candy, or chewing gum, unless your surgeon or admitting nurse told you otherwise. <input type="checkbox"/> Before you go to bed, take a shower: <ul style="list-style-type: none"> - Shower and shampoo with your regular soap. - Rinse well. - Wet a clean washcloth. Turn the shower off. - Pour 1/2 bottle of CHG soap on the washcloth and use the washcloth to wash from your shoulders to your knees. Include your groin crease, but not your private parts. - Leave the soap on your skin for 1 minute. - Rinse well. | <p>Before You Leave Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower using the CHG soap. Follow the same instructions as before. <input type="checkbox"/> Put on clean clothes. <input type="checkbox"/> Bring with you a list of your current medicines. Include the dose of each one, and when and why you take them. <input type="checkbox"/> Follow the instructions you received from your surgeon and admitting nurse about what medicines to take or not take before surgery. <ul style="list-style-type: none"> - If you must take medicines, take them with only a small sip of water. <p>At the Hospital</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at your assigned arrival time. <input type="checkbox"/> A nurse will take you to the pre-op area. Your friend or family can be with you. <input type="checkbox"/> An 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. <input type="checkbox"/> Your nurses will review your current medicines, and your doctors will review 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. If needed for pain control, they will also explain an epidural catheter. <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 surgery waiting room. | <p>After Surgery</p> <p>You will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery room, where you will stay for several hours. <input type="checkbox"/> Move to your hospital room when you are awake and comfortable, and your vital signs are stable. <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. <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"/> Remind you to take sips of clear liquids and chew on ice chips and gum to get your digestion working. <input type="checkbox"/> Teach you how to use an incentive spirometer (blue breathing device). |



After Discharge

Bathing

- Do not shower for 48 to 72 hours after surgery.
- You may sponge bathe as needed.



Pain Medicines

- Take your pain medicine exactly as prescribed.
- Take pain medicines with food to avoid nausea.
- If you feel you need a refill of your opioids, call 206.668.6746 weekdays.



Avoid Constipation

- Take a stool softener as prescribed.
- Do not go 3 days or longer without having a bowel. You can buy a laxative at your local drugstore.
- Eat a high-fiber diet.
- Drink plenty of water.
- Walk every day to help keep your bowels moving.

Incision Care

- You may shower 72 hours after surgery, or if you have drains, 48 hours after your drains are removed.
- Carefully clean your incision with soap and water. Gently pat them dry. Do not rub them.
- Leave all dressings, tape, or sutures in place until your surgeon or nurse tells you they can be removed.

Activity

- Do **not** drive while taking opioids.
- Until your surgeon says it is OK:*
- Do not take a bath, go swimming, sit in a hot tub or sauna, or soak your surgical site in water.
 - Do not do exercise that makes you strain or breathe hard.
 - Do not lift anything that weighs more than 10 pounds.

Return to Work

If your job involves:

- Sitting at a desk, plan to be out of work for about 1 to 2 weeks.
- Physical activity, plan to be out of work for about 4 weeks.

Warning Signs

Call your doctor or nurse if:

- You have a fever higher than 101°F (38.3°C).
- You have shaking or chills.
- Your incision has thick yellow drainage (pus) (it is normal to have some yellow-colored clear drainage after surgery).
- Your incision becomes more red, tender, or swollen.
- Your incision is coming apart, or has changed color.
- You have bright red blood coming from incision.
- It has been more than 3 days since your last bowel movement.
- You have problems urinating, have urgency, or feel pain when you urinate.
- Your pain is getting worse, and your pain medicine is not working.
- Your skin becomes itchy or swollen, or you get a rash.
- Your dressings have gotten dirty or wet.
- You have other questions or concerns about your surgery or medicines.

Go to the Emergency Room right away if:

- You have chest pain or trouble breathing.
- You have heavy bleeding that soaks your dressing in less than 1 hour.

