



YOUR GUIDE TO ENHANCED RECOVERY

This packet is to help guide you through your upcoming surgery.
Please bring the packet with you to all your appointments and to your day of surgery.
Providers will review the information with you each step of the way.

The information contained in this packet is for information use only.
Please contact your health care team if you have any questions or concerns
throughout your entire surgical experience here at McLaren.



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IMPORTANT DATES/TIMES

Pre-admission testing: _____

Surgery arrival time: _____

Follow-up appointment after surgery:



Enhanced recovery after surgery, also stated as ERAS, is a program developed to help patients recover quickly and safely after having surgery. This packet outlines what to expect during your surgery journey.

IMPORTANT PHONE NUMBERS

Hospital main number: (248) 338-0000

Pre-admission testing: (248) 338-5046

PREPARING FOR YOUR SURGERY

- 1. Stop smoking and other forms of nicotine.**
Do NOT smoke at least 24 hours before your surgery. Patients who smoke have more complications and infections following surgery than patients who do not smoke.
- 2. Alcohol use**
Do NOT drink alcohol for at least 24 hours before your surgery. If you are concerned about the amount of alcohol you drink, please contact your primary care provider for assistance in decreasing your intake.
- 3. Start exercising**
Exercise will help prepare your body for surgery and will help you to heal faster. Remember, exercise doesn't have to be strenuous but can be as simple as a daily 15 minute walk has shown to be effective. If you already exercise regularly, keep up the good work!
- 4. Nutrition**
Eating well before and after surgery is important in helping you heal and get back to your normal activity level. Eating foods that are high in vitamins, minerals and proteins are helpful at preparing your body for surgery. Also remember to stay well hydrated by drinking plenty of fluids and water.
- 5. Lung health**
You may be provided with an incentive spirometer. This is a simple device which helps you strengthen your lungs. Practice using your incentive spirometer every day before your surgery and you will continue to use it throughout your recovery. Doing so will help reduce your risk for developing lung infections after your surgery.



- 6. Mental health**
We recommend reducing your stress and anxiety level before surgery. Doing so many allow you to heal faster. Try to learn as much as you can about your procedure before to help you mentally prepare for surgery. Many people find meditation, focused deep breathing, positive thinking and imagery helpful in decreasing stress and managing pain after surgery.
- 7. Do you have sleep apnea?**
Please bring your CPAP or BIPAP machine with equipment on the day of your surgery.
- 8. Do you have chronic pain medicine?**
If you currently take narcotic/opioid medicine to control your pain, it is important that you let your surgeon and your nurse know.
- 9. Do you have an implanted device?**
If you have a pacemaker, ICD, defibrillator, insulin pump or any other implantable device, please notify anesthesia pre-screening. Bring your ID card, equipment, and any controllers used for these devices on the day of your surgery.
- 10. Do you have a recovery plan?**
Try to prepare your living arrangements prior to surgery. Make sure you have transportation arrangements to and from the hospital and a clean environment for your recovery. Some people will even prepare food ahead of time as a way to prepare for the first few days after you get home from the hospital.



WHAT TO EXPECT

PRE-ADMISSION TESTING

You will need to make a pre-operative appointment at McLaren Oakland to make sure that you are ready for surgery.

Call Pre-admission testing at (248) 338-5046 to schedule your appointment.

At this appointment you and your provider will discuss what medications you are currently taking and what health conditions that you currently have. Your provider will screen you for high risk surgical problems. Based on your medications, your provider may tell you to hold some of your medications prior to surgery. The nurse will be discussing your pain management plan, use of narcotics/opioids and what to expect.

You may have some lab test drawn and/or an EKG (looks at your heart rhythm) performed. These tests will help the health care team determine if there are special needs that should be addressed during your surgical journey.

Make sure to bring a full list of medications with you to this appointment as well as a list of over the counter medications (herbal products and/or vitamins) that you currently use.

DAY BEFORE SURGERY

A nurse from McLaren Oakland will be calling you to confirm your readiness and time of arrival for your surgery the following day.

You will be provided with two chlorhexidine (CHG) ready-bath wipes at your pre-operative appointment. You should use the ready-bath wipes as instructed the night before surgery.

DAY OF SURGERY – PRIOR TO THE HOSPITAL

1. Complete the chlorhexidine (CHG) ready-bath wipe **morning** of surgery.
2. Eat a clear liquid diet **up until 2 hours prior** to surgery.
3. Drink a 20oz Gatorade **on your way** to the hospital.
4. Leave all jewelry and valuables at home.



Things to bring to the hospital

- This information packet
- Insurance information and driver's license
- Slippers, loose clothing to go home with
- Toothbrush, toothpaste, hairbrush
- Glasses and/or contact lenses with cases and supplies
- Any assistive devices such as canes, walkers, wheelchairs that you use
- A list of current medications that you take
- CPAP machine if you use one at home

DAY OF SURGERY – AT THE HOSPITAL

Arrive at McLaren Oakland at your scheduled time.

50 North Perry St., Pontiac, MI 48342

There is valet parking available at the front of the hospital. ★

Once you enter the lobby, you will check in with the person at the front desk. You will be instructed to go the third floor (surgical services) of the hospital.

As you get off the elevator, go right and walk to the end of the hallway to the "Surgical Waiting" lounge. One family member is allowed with you in the pre-operative area. This area is small and does not accommodate more visitors.

When the pre-operation team is ready for your surgery, a nurse will come out and get you, prepare you for surgery and each member of the team will ask you necessary questions and answer any questions you may have.

- You will be seen by your surgeon who will perform a pre-surgical assessment, answer any questions you have and you will sign consent papers for the surgery.
- An anesthesiologist will also do an assessment and answer any questions.
- The operating room nurse will also be present, perform an assessment, answer any questions and get you ready to take back into the surgical operating room.

Once you are cleared and prepared for surgery, you will be taken into the operating room.

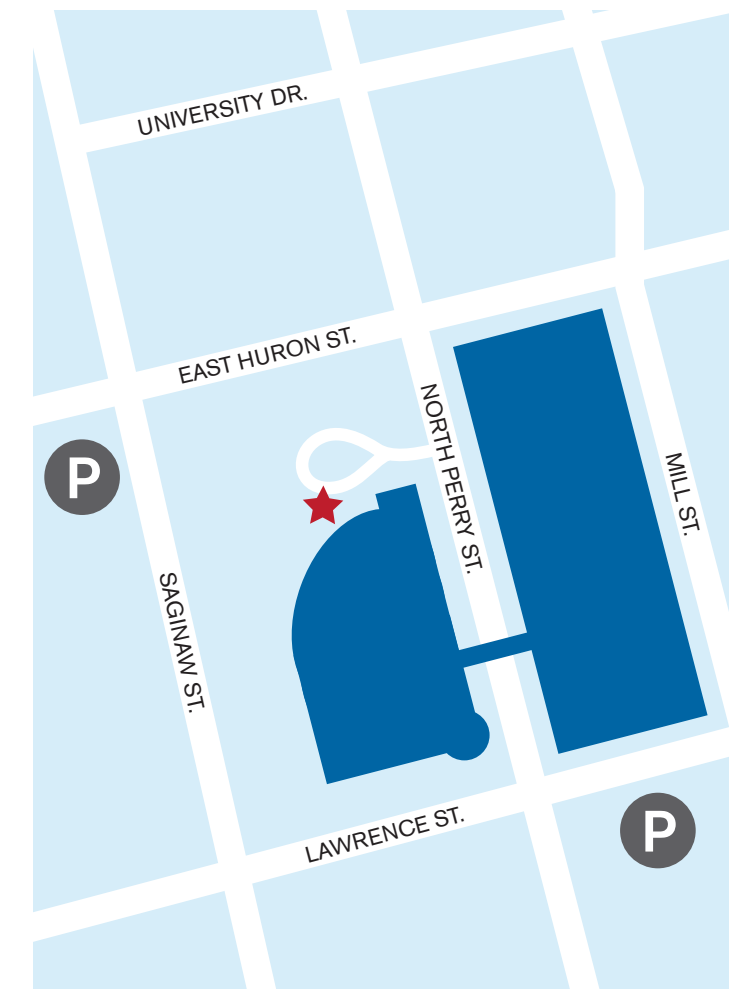
- Family is NOT allowed in this area but they can wait for you in the surgical waiting room.

You will be provided with a comprehensive pain management program and this will continue to be discussed with you.

AFTER SURGERY

After surgery is complete, you will be taken to the recovery room. Here nursing staff, anesthesia, and your surgeon will make sure that you recover from the medications that were given to you during surgery.

When you are awake, you will be transferred to a surgical floor at McLaren Oakland where you will stay overnight or up to three days depending on the type of surgery performed.



Early movement after surgery:

- Once on the floor the nursing staff will help you achieve your movement goals.
- You will be expected to get out of bed and sit in a chair the night of surgery.
- The first day after surgery you will be expected to sit in a chair for 6 hours and to take 2 walks in the hallway.
- If you stay longer than one day after surgery, you will be expected to sit in a chair for six hours and take at least three walks in the hallway each subsequent hospital day.

*It is important you get out of bed and move early after surgery. Early mobility has been shown to decrease your recovery time.



Food guidelines:

- You will be started on a **clear liquid diet** after surgery and your diet will be advanced as you tolerate it.
- Gum chewing for at least 30 minutes three times per day to help stimulate your bowels.

Urine catheter:

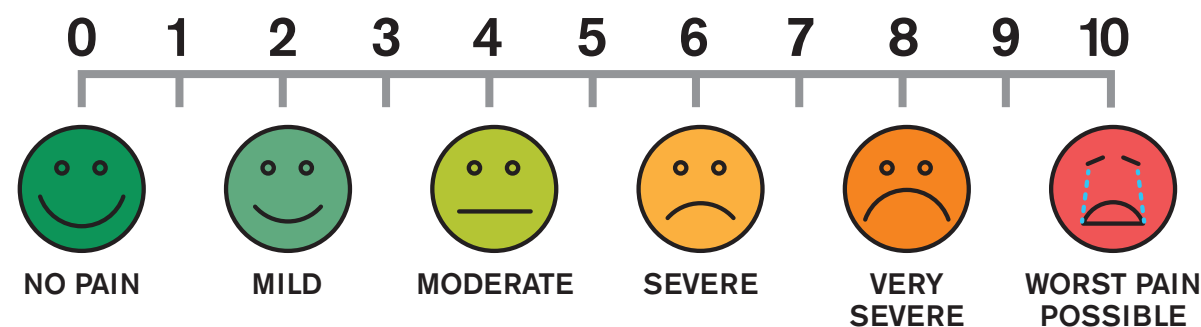
- You may have a catheter in place that will drain the urine from your bladder overnight. The nursing staff will be checking how much urine is made throughout the night to help them determine if you are well hydrated and when the catheter can be removed.

Breathing exercises/incentive spirometer when you are awake.

PAIN CONTROL AFTER SURGERY

You can expect to have some pain after surgery. This is normal and part of the healing process. It is normal to experience discomfort/pain the day after surgery and quickly begins to get better. Everyone feels pain differently. The goal is to manage your pain so you can do the things you need to care for yourself and heal. We will work with you to help you reach your goals.

You will be frequently asked how you rate your pain. We are using a scale from 0 to 10. A pain rate of 0= no pain at all through a pain rate of 10=most severe pain possible. This is a very important question so we can provide you with the best care possible.



Narcotics/opioids have been shown to slow the bowel down and cause constipation. This can **increase your recovery time**. Narcotic/opioid pain medications **are avoided** and only used if necessary post operatively for breakthrough pain.

What else can I do to help manage my pain?

- Over the counter medications: Acetaminophen 650mg every 6 hours and alternating with Ibuprofen 600mg every 6 hours.
Directions: To be taken around the clock, while awake, during the first 72 hours post-operative.

EXAMPLE: 3:00 p.m. Motrin 600 mg (3 pills of 200 mg)
6:00 p.m. Tylenol 650 mg (2 pills of 325 mg)
9:00 p.m. Motrin 600 mg (3 pills of 200 mg)

Continue alternating every 3 hours for 3 days, until no longer needed.



- Mindful Breathing** can help manage pain and anxiety after surgery.



Aim to practice mindful breathing two times a day in 10-minute sessions.

Setting a timer can help when first starting.



Sit in a comfortable position.

It may be helpful to close your eyes or focus on an object.



Breathe in through your nose for five seconds – counting in your head “1, 2, 3, 4, 5.”

Breathe out through your mouth for another five seconds – “1, 2, 3, 4, 5.”

Keep this rhythm and focus on your breath for 10 minutes.

- Try relaxation, distraction (listening to music, reading, talking to others) or daily reflection.

If you receive a narcotic/opioid prescription for use at home please **SAFELY** dispose of unused opioids:

- Find a local Medication take-back drive, visit Michigan-OPEN.org/takebackmap
- Pharmacy and police station drop boxes
- As a last resort, mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away





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