

## AT HOME

### FOOD GUIDELINES

Eat soft bland foods (examples: oatmeal, sandwiches, eggs, mashed potatoes, macaroni and cheese). You may advance your diet as you tolerate.

### BOWEL MOVEMENT

After surgery you may experience constipation or diarrhea. This is normal. It should settle down several weeks after surgery. Some pain medications can cause constipation.

### TIPS TO PREVENT NAUSEA AFTER SURGERY

- Stay hydrated by drinking small frequent amounts of clear liquids. (avoid carbonated beverages)
- Return to a normal diet slowly (avoid spicy, and greasy foods)
- Try ginger candy or ginger ale
- Do not take pain medication on an empty stomach

### EXERCISE

Make sure you are out of bed at least 6 hours a day. Try to take at least three short walks a day. Do not lift anything over 15 lbs (size of a gallon of milk) until cleared by your surgeon at your post-operative appointment. No strenuous activity until cleared by your surgeon.

### INCISION(S)

Monitor your incision(s) for redness, yellow or white drainage, and opening of the incision. If you experience any of these symptoms and/or a fever, shortness of breath, or productive cough please contact your surgeon's office.

### SHOWER

You may shower. No tubs, baths, pools, or soaking until cleared by your surgeon. When you shower let warm, soapy water flow over your incisions. Do not scrub. Pat dry when finished. It is recommended to use a mild soap so you do not irritate your incision(s).

### WHEN TO CALL THE SURGEON'S OFFICE

- Your incision becomes warm, red, or has drainage that is yellow, white, or green
- Your incision has opened
- You have a fever:  $>100.5^{\circ}$  or as instructed by your physician
- You cannot tolerate fluids or have severe vomiting
- You have a new productive cough
- For medical emergencies such as chest pain, difficulty breathing, new and severe pain, **go to the nearest Emergency Room.**





**IMPORTANT DATES/TIMES**

Pre-admission testing:

If unable to keep appointment or if surgeons office did not give you an appointment, please call **(989) 772-6728**.

Surgery arrival date/time:

The day before surgery, you will receive a call with your arrival time.

Follow-up appointment after surgery:

**IMPORTANT PHONE NUMBERS**

Hospital main number: **(989) 772-6700**

Pre-admission testing: **(989) 772-6728**

**YOUR GUIDE TO ENHANCED RECOVERY**

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.

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.

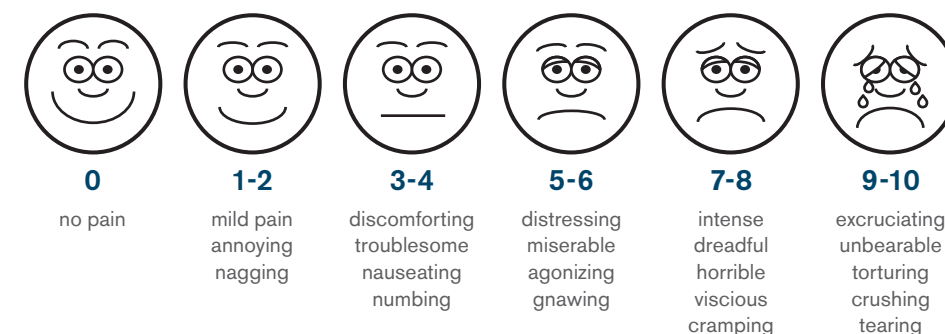
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**PAIN CONTROL AFTER SURGERY**

You can expect to have some pain after surgery. This is normal. Everyone experiences 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 (Ibuprofen) 600 mg (3 pills of 200 mg)  
6:00 p.m. Tylenol (Acetaminophen) 650 mg (2 pills of 325 mg)  
9:00 p.m. Motrin (Ibuprofen) 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.



- Cold or heat packs
- Walking as directed by your surgeon
- 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](http://Michigan-OPEN.org/takebackmap)
- Pharmacy and police station drop boxes
- Do not flush opioids down the toilet
- As a last resort, mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away

Disposal locations:

- Mount Pleasant Police Department 804 East High Street
- Michigan State Police 3580 South Isabella Road



## AFTER SURGERY

After surgery is complete, you will be taken to the recovery room. Here nursing staff, anesthesia, and your surgeon will monitor your progress.

Once you are awake, you may be transferred to a surgical floor at McLaren Central Michigan where you will stay overnight depending on the type of surgery performed. Or you will be discharged home with a responsible person.

## ANESTHESIA SERVICES

Your anesthesiologist is a key member of your surgical team. They give you anesthetics (medications to keep you comfortable and lower your awareness of surgery) and monitor your condition to keep you safe during surgery. You will have 1 of 3 kinds of anesthesia during your surgery.

### MONITORED ANESTHESIA CARE (MAC)

- MACs are often used for surgery that is short or not too invasive.
- Sedatives (medications to relax you) are given through an IV (intravenous) line.
- The area around the surgical site is usually numbed with with a local anesthetic.

### REGIONAL ANESTHESIA (sometimes called a nerve block)

- These are often used for surgery on the arms, legs, and abdomen.
- A specific region of your body is numbed by injecting anesthetic near nerves, near your spine or near the site where you are having surgery.
- You may also be given sedatives through an IV line to relax you.
- With regional anesthesia, you may choose to remain awake or sleep lightly.

### GENERAL ANESTHESIA

- A general anesthetic is often used for extensive surgery.
- You will be asleep, and a breathing tube will be placed.
- The anesthetic will be given as a gas that you breathe and as medications that are injected through an IV line.
- Because you are asleep, you feel no pain and remember nothing of the surgery.

*The risks and complications of anesthesia depend on your overall health. If you are healthy, the risks are low. The risks are higher for patients with diabetes, heart or lung problems. Your anesthesiologist or nurse anesthetist will discuss the risks with you.*



## PREPARING FOR YOUR SURGERY

### 1. Stop smoking and other forms of nicotine.

It is recommended to stop smoking 4 weeks prior to surgery. If unable to do so stop smoking at least 24 hours before your surgery. Patients who smoke have more complications and infections following surgery than patients who do not smoke.

If you'd like help to quit smoking, ask a health care provider or visit [freedomfromsmoking.org](http://freedomfromsmoking.org) or [www.cancer.org/healthy/stay-away-from-tobacco.html](http://www.cancer.org/healthy/stay-away-from-tobacco.html) to get you started.

### 2. Alcohol/substance (drugs) use

Do NOT drink alcohol or use any substances (drugs) for at least 24 hours before your surgery.

### 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. Using this simple device will help strengthen your lungs. It will help reduce your risk for developing lung infections after your surgery. If one is not given, coughing, deep breathing exercises, keeping your head elevated and walking are good alternatives. Good oral hygiene will also reduce bacteria in your mouth which will decrease your chances of developing pneumonia. It is recommended to use mouth wash and brush your teeth twice daily two days prior to surgery.

### 6. Hygiene

Antibacterial showers will help prevent your surgical site from becoming infected. It is very important to shower with antibacterial soap (such as Hibiclens) two days prior to surgery, and use good oral hygiene. This will help reduce bacteria on your skin and your risk of developing a wound infection.

### 7. Mental health

We recommend reducing your stress and anxiety level before surgery. 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 are helpful in decreasing stress and managing pain after surgery.



### 8. 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, a clean environment - including clean bed linens - for your recovery, and prepared food for the first few days while you're at home.

### 9. Do you have sleep apnea?

Please bring your CPAP or BIPAP machine on the day of your surgery.

### 10. 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.

**Bring a list of your current medications.**

### 11. 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.

## WHAT TO EXPECT

### PRE-ADMISSION TESTING

Call Pre-admission testing at (989) 772-6728 to schedule your appointment, if not scheduled by surgical office.

Depending on your providers request, you may have a face-to-face or phone call visit with a nurse to discuss medications, health conditions, risk, and instructions. Please be prepared by having a complete list of your medications, including over the counter medications. **Based on your medications, the nurse may tell you to not take some medications prior to surgery. Medications that are routinely held are Aspirin, NSAIDS, herbal products, and blood thinners.** 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.

### DAY BEFORE SURGERY

1. You will receive a phone call with your arrival time.
2. No food after midnight.
3. Clear liquid diet up until 2 hours prior to surgery (unless otherwise instructed). Examples: water, Gatorade, tea, apple juice, black coffee.
4. No tobacco products or drinking alcoholic beverages 24 hours before.
5. Take your shower the night prior and/or morning of surgery. Please do not apply oils, lotions, powders, creams, or makeup.
6. Follow any special instructions provided by your physician.

7. Notify your surgeon if you have any signs of acute illness (i.e. fever) or any open skin areas around the proposed surgical site up to 48 hours prior to your surgery.

### DAY OF SURGERY – PRIOR TO THE HOSPITAL

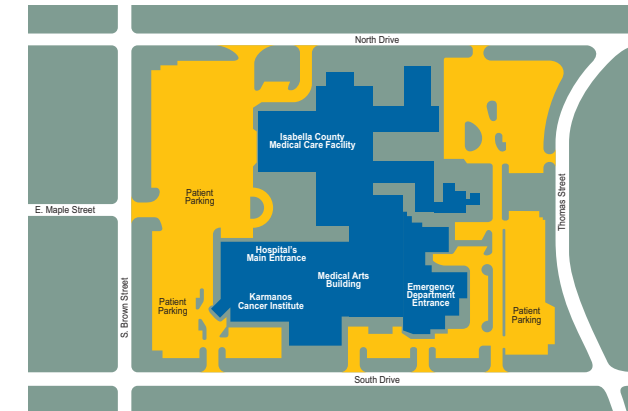
1. Please wear loose, comfortable clothing. You may be going home with an immobilizer, cast, or dressings that may restrict your movement.
2. Please remove all jewelry, body piercings and metal hair accessories.
3. Please bring a list of your current medications, including dosage and frequency, and any documents or records (if given to you at the time of your pre-admission testing/lab work).
4. Bring any living will or advance directive documentation to be entered into your medical records.

### DAY OF SURGERY – AT THE HOSPITAL

Arrive at McLaren Central Michigan at your scheduled time.

1221 South Drive,  
Mt. Pleasant,  
Michigan 48858

Parking is available in the main parking lot (West Entrance) off of Brown Street. Additional parking is also available near the Emergency Room entrance on the east-side of the hospital.



Once you enter the hospital, make your way to the surgical desk (just past the hospital's gift shop) and someone will greet you. Due to patient privacy and limited space, please limit visitors to two.

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 anesthesia provider will also do an assessment and answer any questions and sign consent.
- The operating room nurse will also be present, perform an assessment, answer any questions and get you ready to be taken 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 area.

### THINGS TO BRING TO THE HOSPITAL

- This information packet
- A list of current medications that you take
- 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
- CPAP machine if you use one at home