By becoming informed and involved, patients and family members can contribute to the success of surgery.

We have developed this booklet to help you understand and prepare for your procedure.

Please review this booklet with your doctor and bring it with you on the day of your procedure.
Important: Please read

Information provided in this booklet is for educational purposes only. It is not intended to replace the advice or instruction of a professional health care practitioner or to substitute medical care.

Please contact a qualified health care practitioner if you have any questions concerning your care.

You have made an important decision to have surgery. But, did you know that the actions you take before your procedure can dramatically influence how you recover after your surgery? By learning as much as you can about your procedure and becoming actively involved in the preparation and recovery periods, you can influence your overall surgical experience! The information contained in this booklet has been designed to help you recover safely and quickly with fewer complications allowing you to go home sooner and return to your normal activity level.

Speak up

It is vital that you understand what will happen to you before, during and after the procedure. It is important to ask these three questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important to do this?

Expect to sign a consent form to give the doctor permission to proceed with the procedure. Please do not be shy about talking to your doctor about additional questions or concerns you may have before your procedure.
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Preparing for your surgery

Did you know that the actions you take before your surgical procedure can dramatically influence the outcomes after your surgery and your overall satisfaction with your surgical experience? There are several things which you can do to accelerate your recovery and get you back to your normal activity level sooner.

Mental health

We recommend reducing your stress and anxiety level before surgery. Doing so will allow you to heal faster. Many people find meditation, focused deep breathing, and positive thinking and imagery helpful in decreasing stress. We also recommend learning as much as you can about your procedure beforehand. This will help you mentally prepare for surgery allowing you to return to your normal activity level sooner.

Start exercising

Exercise will help prepare your body for surgery and will help you to heal faster. If you already exercise regularly, keep up the good work! We suggest increasing the intensity and length of your exercise routine as your surgery approaches. Remember, exercise does not have to be strenuous! A daily 15 minute walk has been shown to be effective in preparing your body for surgery.

Many people find that walking with a pedometer is a helpful way to keep track of how far you walked. Pedometers may be purchased from almost any sporting goods store. People also find that walking with a family member or friend helps you stay motivated or on track. Malls and shopping centers are great places to walk when the weather isn’t favorable.

Lung health

You may have been 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. Doing so will help reduce your risk for developing lung infections after your surgery. You will want to bring your incentive spirometer with you on the day of your procedure so that you may continue to use it after your surgery. If you do not have an incentive spirometer, practice taking slow deep breaths at home and practice holding your deep breaths in for a few seconds before exhaling slowly.
Stop smoking

Do NOT smoke at least 24 hours before your surgery. We recommend that you stop smoking or using any form of nicotine at least six weeks before your surgery and some surgeons may require that you quit before surgery. Patients who smoke have more complications and infections following surgery than patients who do not smoke.

Forms of nicotine that should be stopped include: cigarettes, cigars, Nicorette gum, nicotine patches, chewing tobacco, and pipes. You may contact your primary care doctor for help in quitting smoking. Beaumont Health also offers classes “Quit Smoking Now” where you will learn new strategies and problem-solving techniques to assist you in living a smoke-free life. To sign up for class, please call: 1-800-633-7377.

Alcohol use

Do NOT drink alcohol for at least 24 hours before your surgery. Failure to do say may result in your surgery being delayed or cancelled. If you are concerned about the amount of alcohol you drink, please contact your primary care doctor for assistance in moderating your alcohol intake.

Sleep apnea

If you have sleep apnea, please bring your CPAP or BiPAP machine with equipment on the day of your surgery. You may be screened for sleep apnea in the STTAR (Surgical Testing and Teaching for an Accelerated Recovery) Clinic and your nurse, physician assistant, or anesthesiologist may suggest you have a sleep study done.

Yes, I should schedule a sleep study. No, I do not need to schedule a sleep study.

Chronic pain medicine

If you currently take narcotic medicine to control your pain, it is important that you let your surgeon and your nurse know. You may be able to be seen by a member of our acute pain team who will be able to work with you to create a customized pain management and control plan for you. It is important that your pain be well controlled when you are here at the hospital recovering from surgery.

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 protein are helpful at preparing your body for surgery. Include whole grains, vegetables, fruits and lean proteins such as chicken, fish, eggs and peanut butter in your diet. Remember to eat plenty of foods with iron and calcium and also remember to drink plenty of fluids to stay well hydrated.
What to drink before surgery?

You may have been provided 15 cartons of Impact Advanced Recovery Vanilla Flavored drink. For the five days before surgery, it is important that you drink three cartons of Nestle Impact Advanced Recovery each day.

My surgeon says:

- take Impact Advanced Recovery
- do not take Impact Advanced Recovery

*For different flavor options, try adding flavored syrups, coffee creamers, extracts or powdered drink mixes.

You may have been provided with one bottle of Clearfast grape flavored drink. Please drink this drink two hours before your scheduled surgical arrival time.

My surgeon says:

- take Clearfast
- do not take Clearfast

Important: Please read

Patients with diabetes should drink smaller portions of the Impact Advanced Recovery drink six times per day and increase blood sugar monitoring. If you have any dietary restrictions or food allergies, please contact your doctor before taking.

Use the chart below to keep track of your pre-operative drinks.

<table>
<thead>
<tr>
<th>5 days before surgery</th>
<th>4 days before surgery</th>
<th>3 days before surgery</th>
<th>2 days before surgery</th>
<th>1 days before surgery</th>
<th>Day of surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Clearfast</td>
</tr>
<tr>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td></td>
</tr>
<tr>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td>☐ Impact</td>
<td></td>
</tr>
</tbody>
</table>
Implanted devices

If you have a pacemaker, ICD, defibrillator, insulin pump or any other implantable device, please bring your ID card, equipment, and any controllers used for these devices on the day of your surgery. Pacemakers must be analyzed within six months of surgery and ICDs must be analyzed within three months of surgery. The pacemaker/ICD device clinic will conduct the analysis and place the completed analysis in your medical chart.

- Yes, my ICD or Pacemaker has been analyzed within the acceptable time frame.
- No, I have not had my device analyzed and need to schedule one before surgery.

Diabetes

If you are a patient with diabetes, it is important that you contact your endocrinologist and let them know you are scheduled for surgery. In order to promote healing and ensure the best possible outcomes following your surgery, your blood sugar should be well controlled. There may be special instructions regarding the medication you take that you must follow:

Please take ________________________________ on the night before surgery.

On the morning of surgery, please take ________________________________.

Do not take any short acting insulin or oral hypoglycemic medication on the morning of your surgery.

If you take Lantus (Glargine) or Levemir (Detemir) two times a day, take your normal dose on the morning before surgery and take 80 percent of your normal dose on the night before surgery. On the morning of surgery, take 50 percent of your normal dose if your blood sugar is over 80.

Patients who have diabetes typically have surgery early in the day. If your surgery is not scheduled early in the morning, please check your blood sugar every two hours while at home.

If your blood sugar is less than 80, you can treat with: three glucose tablets, OR ½ cup (4 ounces) of apple juice OR ½ cup (4 ounces) of Sprite soda. Recheck your blood sugar after 15 minutes.

If your blood sugar is less than 80 or greater than 250, it is important that you have someone drive you to Beaumont for your surgery. When you check in for surgery, please let the person sitting at the waiting room desk know that you need to have a nurse check your blood sugar right away.
Your companion

Patients who have a supportive person to assist them with their recovery do better after surgery. We recommend reviewing this booklet together with your family member. Remember, your primary responsibility after surgery is to focus on recovery. This means that your home should be clean, your laundry complete, and refrigerator/freezer/pantry stocked. This will allow you to focus on getting better! You may also consider arranging for a friend or family member to assist you with household work and other necessary errands during the days immediately following your surgery.

Pain

Pain is an unpleasant feeling following injury. Many patients experience pain differently (aching, cramping, sharp, dull, throbbing) and many procedures result in different types of pain. It is important that you work with your surgeon to develop an individualized pain management and treatment plan.

Before surgery, ask your surgeon:

- How much pain should I expect after surgery?
- What type of pain will I experience?
- How long will the pain last?
- When will the pain be at its worst?

Oral antibiotics

Oral antibiotics are used to get rid of harmful bacteria that may be present in your gut before surgery.

My surgeon says:

- I need to take oral antibiotics before surgery
- I do not need to take oral antibiotics before surgery

Instructions for oral antibiotics:

Please take _________ pills of _________ every _________ for _________ days before surgery.
Bowel preparation

Bowel preparation is used to help empty out the contents of your digestive system before surgery.

My surgeon says:

☐ I need a bowel preparation    ☐ I do not need a bowel preparation

Pre-surgical cleansing

Before your surgery, you must shower with an antibacterial soap. You may purchase antibacterial soap at your local pharmacy or the hospital pharmacy. Shower with an antibacterial soap for two nights prior to your operation and again on the morning of your surgery.

Do NOT shave or wax the operative area for seven days prior to your surgery. Shaving and waxing can cause small cuts on your skin which can lead to an infection.

Use the chart below to keep track of your pre-surgical cleansing.

<table>
<thead>
<tr>
<th>2 days before surgery</th>
<th>1 day before surgery</th>
<th>Day of surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____ / _____ / _____</td>
<td>_____ / _____ / _____</td>
<td>_____ / _____ / _____</td>
</tr>
</tbody>
</table>

☐ Antibacterial shower    ☐ Antibacterial shower    ☐ Antibacterial shower
Day of surgery

My surgery

My procedure ________________________________________________________________

My scheduled arrival time is __________________________________________________

My procedure will last approximately ____________________________________________

My expected date of discharge is ________________________________________________

Things to bring to the hospital

- this booklet
- inhaler if you use one
- your picture ID
- loose fitting comfortable clothes
- your insurance card
- your Incentive Spirometer (if you have one)
- respiratory equipment if you use any
- three packs of your favorite chewing gum
- wheelchair, cane, crutches or walker if you use them
- glasses, contacts or hearing aids if you use them
- a comfort item from home (optional)
- CPAP or BiPAP machine if you use one

At home

- Stop eating at 10 p.m. the night before your surgery.
- Stop drinking clear liquids two hours before your scheduled arrival time. Examples of approved clear liquids include: Apple juice, cranberry juice, grape juice, Kool Aid, Gatorade and water.
- Drink BevMD Clearfast drink two hours before scheduled arrival time.
- Remove all jewelry including body and dermal piercings.
Take the following medication(s)*:

Do not take the following medication(s)*:

*You will receive a call from a nurse letting you know what medications you can and cannot take before your surgery.

- Do not take Mobic (meloxicam), Relafen or Daypro for ten days before your surgery.
- Do not take Vitamin E, Fish Oil or herbal medications for 14 days before your surgery.
- Do not take Aspirin for seven days before your surgery unless directed to do so by your cardiologist or surgeon.
- Do not take diet medications for 14 days before your surgery.
- Do not take Ibuprofen, NSAIDs or Aleve for three days before your surgery.
- Talk to your prescribing doctor about any anticoagulants/blood thinners/anti-platelet medication you take as there may be special instructions to follow regarding how to take it.
Day of surgery

- Drink Clearfast two hours before your scheduled surgical arrival time.
- After check-in, you will be brought to the procedure suite where you will be examined by a nurse and members of the anesthesia team and asked a series of questions.
- For your own safety, you will be asked many of the same questions by all the members of your care team.
- You may receive medicine to help you relax. An intravenous (IV) line will be started. You will receive fluids and medicine through your IV.
- Your family members and/or friends will be asked to sit in the waiting area while a nurse brings you into the operating room.
- We will do everything possible to start your procedure on time. However, there may be instances when delays occur due to emergencies. We apologize for any delays which may occur and appreciate your understanding.

Members of your care team

A highly skilled team of professionals has been assembled to care for you during your surgery, including:

- surgeon
- anesthesiologist
- physician assistant (PA)
- CRNA (certified registered nurse anesthetist)
- pre-operative nurse
- operating room (OR) nurse
- recovery room/post anesthesia care unit (PACU) nurse
- medical/nurse assistant
- anesthesia screening nurse
During the procedure

- You will be given medication to make you feel very drowsy, relaxed and comfortable during the procedure.

- You will not feel any pain during the procedure and will not remember it afterwards.

- Your heart rate, blood pressure, temperature and blood oxygen level will be continuously checked and monitored throughout the procedure.

- Your family members and/or friends will sit in the waiting room during your surgery. Your surgeon will come speak to them once the procedure is complete.

- Family members, friends, and companions will be notified of the patient’s room assignment toward the conclusion of the procedure.
Recovering from your surgery

Waking up

- You will wake up from anesthesia in the recovery room or Post-Anesthesia Care Unit, sometimes called the PACU.

- During your stay in the PACU, your vital signs, pain, nausea, surgical dressings, and heart rhythm will be assessed.

- You will need to stay in the recovery room where you will be watched until you are alert and your vital signs are stable.

- The length of time you will spend in the recovery room will vary because some individuals take longer than others to wake up after anesthesia.

- Patients coming out of anesthesia react in different ways. You may be sleepy, have a sore throat or feel sick to your stomach. These reactions are normal and will go away as the anesthesia wears off.

- Most patients spend between one and two hours in the recovery room.

- Family members, companions, and friends will be updated regularly regarding the status of the patient’s recovery.

- You will be reunited with your loved ones once you have been brought to your hospital room where you will be spending the night.

- You may be receiving oxygen through your nose.

- You will be offered ice chips and something to drink once you start to wake up.
Pain management

When you have awakened from anesthesia, you will likely experience some degree of pain. Our job in the recovery room is to assess your pain level (using the scale below) and treat accordingly. Remember, you just had surgery. It is normal to experience discomfort immediately following the procedure. It is important that your pain is well controlled while you are at the hospital.

Mankoski Pain Scale

<table>
<thead>
<tr>
<th>Pain Score</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 (Zero)</td>
<td>Pain free</td>
</tr>
<tr>
<td>1 (One)</td>
<td>Very minor annoyance – I have occasional minor twinges.</td>
</tr>
<tr>
<td>2 (Two)</td>
<td>Minor annoyance – I have minor annoyance.</td>
</tr>
<tr>
<td>3 (Three)</td>
<td>Annoying enough to be distracting.</td>
</tr>
<tr>
<td>4 (Four)</td>
<td>Can be ignored if busy, but still distracting.</td>
</tr>
<tr>
<td>5 (Five)</td>
<td>Can’t be ignored for more than 30 minutes.</td>
</tr>
<tr>
<td>6 (Six)</td>
<td>Can’t be ignored for any length of time but can still work and do social activities.</td>
</tr>
<tr>
<td>7 (Seven)</td>
<td>Makes it difficult to concentrate. Interferes with sleep. You can still function with effort</td>
</tr>
<tr>
<td>8 (Eight)</td>
<td>Physical activity severely limited. You can read and speak with effort. Experience nausea and dizziness.</td>
</tr>
<tr>
<td>9 (Nine)</td>
<td>Unable to speak. Crying out or moaning uncontrollably.</td>
</tr>
<tr>
<td>10 (Ten)</td>
<td>Either you are unconscious or it makes you want to pass out.</td>
</tr>
</tbody>
</table>

After surgery, tell your surgeon or nurse:

- If your pain is above 4/10 and isn’t getting better with medication.
- If you are experiencing negative side effects of the pain medication you are taking.
- If you are experiencing a new type of pain.
- If you are experiencing nausea or have vomited.
# Your surgical recovery diary

<table>
<thead>
<tr>
<th></th>
<th>DAY OF SURGERY</th>
<th>ONE DAY AFTER SURGERY</th>
<th>TWO DAYS AFTER SURGERY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LIMB</strong></td>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
</tr>
<tr>
<td><strong>BREATHING</strong></td>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
</tr>
<tr>
<td><strong>NUTRITION</strong></td>
<td>• drink clear liquids</td>
<td>• eat soft diet</td>
<td>• eat soft diet</td>
</tr>
<tr>
<td></td>
<td>• chew gum</td>
<td>• eat all meals sitting up</td>
<td>• eat all meals sitting up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• chew gum</td>
<td>• chew gum</td>
</tr>
<tr>
<td><strong>ACTIVITES</strong></td>
<td>• get out of bed</td>
<td>• walk for 20 minutes four times a day</td>
<td>• walk for 20 minutes four times a day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• sit in a chair for at least six hours</td>
<td>• sit in a chair for at least eight hours</td>
</tr>
<tr>
<td><strong>PAIN</strong></td>
<td>• pain at rest &lt;4/10</td>
<td>• pain at rest &lt;2/10</td>
<td>• pain at rest &lt;0/10</td>
</tr>
<tr>
<td></td>
<td>• pain with movement &lt;6/10</td>
<td>• pain with movement &lt;4/10</td>
<td>• pain with movement &lt;4/10</td>
</tr>
<tr>
<td></td>
<td>• complete your pain diary</td>
<td>• complete your pain diary</td>
<td>• complete your pain diary</td>
</tr>
<tr>
<td>THREE DAYS AFTER SURGERY</td>
<td>FOUR DAYS AFTER SURGERY</td>
<td>FIVE DAYS AFTER SURGERY</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------------------</td>
<td>------------------------</td>
<td></td>
</tr>
<tr>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
<td></td>
</tr>
<tr>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
<td>• complete 10 per hour when awake</td>
<td></td>
</tr>
<tr>
<td>• eat soft diet</td>
<td>• eat soft diet</td>
<td>• eat soft diet</td>
<td></td>
</tr>
<tr>
<td>• eat all meals sitting up</td>
<td>• eat all meals sitting up</td>
<td>• eat all meals sitting up</td>
<td></td>
</tr>
<tr>
<td>• chew gum</td>
<td>• chew gum</td>
<td>• chew gum</td>
<td></td>
</tr>
<tr>
<td>• walk for 20 minutes four times a day</td>
<td>• walk for 20 minutes four times a day</td>
<td>• walk for 20 minutes four times a day</td>
<td></td>
</tr>
<tr>
<td>• sit in a chair for at least eight hours</td>
<td>• sit in a chair for at least eight hours</td>
<td>• sit in a chair for at least eight hours</td>
<td></td>
</tr>
<tr>
<td>• pain at rest &lt;0/10</td>
<td>• pain at rest &lt;0/10</td>
<td>• pain at rest &lt;0/10</td>
<td></td>
</tr>
<tr>
<td>• pain with movement &lt;4/10</td>
<td>• pain with movement &lt;4/10</td>
<td>• pain with movement &lt;4/10</td>
<td></td>
</tr>
<tr>
<td>• complete your pain diary</td>
<td>• complete your pain diary</td>
<td>• complete your pain diary</td>
<td></td>
</tr>
</tbody>
</table>
**What should I be doing after my surgery?**

Once your vital signs have been stabilized and your airway is clear, you will be transported to your room where you will be spending the night. Most patient rooms are considered semi-private meaning you will be placed in a room with another person of the same sex. Each room is equipped with one restroom and each patient has their own television. Once on the unit, you will be introduced to your nurse and nurse assistant. Every hour, a nurse will stop by your room to check on you. You will also be provided with the direct phone number of your nurse and you will have a call-light on your bed. Within your room, a white board will be hung and your daily goals will be written there for you.

The nursing team will keep track of your daily intake and output to make sure you are taking in enough fluids and urinating adequately. They will routinely assess your pain and ask how you are doing. Your health care team will encourage you to get up and walk and to sit up in a chair for all of your meals. You may have Sequential Compression Devices (SCDs) on your legs which help keep blood flowing preventing blood clots by pumping your legs. You will also be asked to use your incentive spirometer to prevent fluids from collecting in your lungs which can cause pneumonia.

**Exercises**

It is important that you start to move immediately after your surgery. Exercise will strengthen your muscles, prevent infections and help you recover faster.

**Get out of bed**

It is important that you get out of bed on the day of your surgery. This will help build your muscle strength. You should plan on eating all your meals sitting up in a chair.

**Walking**

Walking helps you recover faster, stimulate your bowels and prevent infections. Your nurse will assist you with walking. Plan on walking 20 minutes four times daily beginning on the day after your surgery. Try and walk more each day. You may be visited by a physical or occupational therapist to help you with stability, balance, exercise, and movement. The therapist will also review any special equipment or needs you may have.
Limb exercises
Limb exercises help prevent blood clots in your legs. When you are awake, complete your
limb exercises 10 times per hour.

Breathing exercises
Breathing exercises help prevent lung infections. When you are awake, complete your
breathing exercises 10 times per hour.

Nutrition
Eating, drinking and gum chewing all help to stimulate your bowels and allow you to go home sooner.
We encourage you to eat and drink regularly.

Food and drink
You will be offered clear liquids on the day of your surgery and solid foods on the day after
your surgery. Eating and drinking will help get you a sooner return of bowel function
allowing you to go home sooner.

Gum chewing
You may start chewing gum once you are brought to your hospital room. Plan on chewing
gum for at least 30 minutes three times per day to help stimulate your bowels.

Pain
Our goal is to actively manage and treat your pain because patients with well controlled pain
recover faster. In order to best control your pain, you will be given a combination of
narcotic and non-narcotic medication to help manage your pain. You may also be given a
patient controlled analgesia (PCA) pump. This is a device that you control to administer your own pain
medicine every 6 minutes or as needed. Some patients may also find that holding a pillow or blanket
against your abdomen may be helpful at relieving pain when coughing or deep breathing.

Your doctor or nurse will ask you what your pain level is several times a day.

Keeping track of your pain will help your medical care team effectively treat and manage your care.
Remember to keep track of any side effects you may be experiencing as a result of the pain medication.
It is also important to pay attention to the activity you are doing when you experience the pain.
Leaving the hospital

Discharge planning

You may be seen by a member of our Care Management team before you leave. This person will assist you with any special home care needs and will help coordinate your stay at a rehabilitation facility or extended care facility, if needed.

Medication

Your doctor may tell you to take medicine when you are home. It is important that you follow all your doctor’s instructions. If you have any questions about your medications, please ask your doctor.

Before you leave the hospital

Make sure you understand your surgeon’s instructions regarding all your medications.

• What pain medicine am I taking?
• Why am I taking it?
• How should I take it?
• What are the side effects I should watch out for?
At home

- Home is the best place for you to recover!
- You will be discharged from the hospital once your doctor determines that it is safe to do so.
- A family member, companion or friend must be present to take you home.
- You may receive prescriptions or other medication instructions following your surgery. Make sure you understand all medication instructions. If you have any questions, please contact your doctor’s office.
- You may resume normal activities, eating and drinking at the rate you are comfortable with when you get home.

Once home, call your doctor or surgeon if you:

- have pain that is not getting better with medication
- are experiencing unpleasant side effects of pain medication
  - develop a fever above 101F for more than 24 hours
- experience trouble breathing such as shortness of breath or chest pain
- cannot drink fluids or keep them down
- have pain that gets worse and is not relieved by medication
- have a surgical site that becomes red, warm or has drainage
- have a nosebleed or cough with more than a few tablespoons of blood

Test results and follow-up appointment

- An appointment with your surgeon will take place two to six weeks after your surgery.
- You will be notified of any test results once they are available.
  - Please contact your surgeon directly if you have not received results of any testing that was done for you.

My follow-up appointment is scheduled for: ________________________________
Your home care

Abdominal pain

• You will likely experience some degree of pain during the first few weeks following surgery.

• While at home, your pain should be 4/10 or lower.

• If you have severe pain that is not relieved with pain medication, you should contact your surgeon right away. In the event of a medical emergency, please visit the emergency center located at the hospital.

Incision

• Your incision and the area surrounding it might be numb.

• Contact your surgeon if your incision becomes red, warm or hard and if you see pus or drainage coming out of it.

Bathing

• Your surgeon will let you know when you may shower.

• Do NOT swim in a pool or hot tub or soak in a bath tub for two weeks following your surgery.

• Do not scrub your incision. Gently wash the area and let water run over it.

Bowels

• Your bowel habits may change after your surgery. You may have loose stools or be constipated.

• Your bowel habits should become more routine after a few weeks.

• Some medicines and foods cause constipation. If you become constipated, drink plenty of fluids, eat whole grains/fruits/vegetables, and continue to exercise.

Breathing and limb exercises

• It is important to continue your deep breathing exercises once you get home.

• Continue to use your incentive spirometer to help prevent lung infections.

• You should continue to do your limb exercises once you get home.

• Your limb exercises will help stimulate blood flow and prevent blood clots.
Diet

- You may eat and drink anything you want unless directed otherwise from your surgeon.
- If you cannot drink fluids or keep them down, contact your surgeon right away.
- You can drink nutritional beverages such as Ensure or Boost to help make sure you receive enough nutrients in your diet.

Activities

- It is important that you continue to walk several times a day once you are home.
- Avoid lifting anything greater than 5 pounds until four to six weeks after surgery.
- Avoid driving until you are no longer taking narcotic pain medication.
- Once you are free of pain, you may resume normal activities, including sexual intercourse.
- Your surgeon will determine when you are able to return to work depending on your recovery and type of work.
- Ask family members and friends for help with meal preparation, grocery shopping, house cleaning, and laundry.

Summary

When you get home, it is important to continue:

- deep breathing exercises
- limb exercises
- daily walks
- eating a well-balanced diet
- drinking plenty of fluids

Research has shown that you will have less complications and return to your normal activity level sooner if you follow these simple instructions.
Appendix
You will find useful information about your procedure in this appendix.

Locations
Royal Oak: 3601 West 13 Mile Road, Royal Oak, MI 48073
beaumont.edu/royal-oak-hospital-campus/

Troy: 44201 Dequindre Road, Troy, MI 48085
beaumont.edu/troy-hospital-campus/

Grosse Pointe: 468 Cadieux Road, Grosse Pointe, MI 48230
beaumont.edu/grosse-pointe-hospital-campus/

At the hospital
Where to park: Royal Oak, Troy and Grosse Pointe
- Parking is free at all three Beaumont hospitals.
- Valet parking is also available for a fee.

Where do family members and friends go?
- Your family members and friends may wait with you in the surgical waiting room until you are called back into the pre-operative area. Free Wi-Fi is available for use.

 Cancelling your procedure
If you get a cold or other illness, or become pregnant, please call your surgeon’s office as soon as possible. If you cannot reach your surgeon, please call the hospital. It may be necessary to reschedule your procedure.
## Important phone calls and numbers

Before your surgery, you will receive several phone calls from Beaumont.

<table>
<thead>
<tr>
<th>Who</th>
<th>Why</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration</td>
<td>You will provide general contact information and insurance information.</td>
</tr>
<tr>
<td>Anesthesia pre-screening nurse</td>
<td>You will provide information regarding your medical and surgical history. You may be asked to schedule an appointment at the Surgical Testing and Teaching for an Accelerated Recovery (STTAR) Clinic.</td>
</tr>
<tr>
<td>Surgical scheduling office</td>
<td>You will be provided with your surgical time and information regarding where to park and where to go on the day of your procedure.</td>
</tr>
</tbody>
</table>

## Important phone numbers

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone number/website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beaumont Hospital, Royal Oak</td>
<td>248-898-5000</td>
</tr>
<tr>
<td></td>
<td>beaumont.edu/royal-oak-hospital-campus</td>
</tr>
<tr>
<td>Beaumont Hospital, Troy</td>
<td>248-964-5000</td>
</tr>
<tr>
<td></td>
<td>beaumont.edu/troy-hospital-campus</td>
</tr>
<tr>
<td>Beaumont Hospital, Grosse Pointe</td>
<td>313-473-1000</td>
</tr>
<tr>
<td></td>
<td>beaumont.edu/grosse-pointe-hospital-campus</td>
</tr>
<tr>
<td>Primary care doctor</td>
<td></td>
</tr>
<tr>
<td>Surgeon</td>
<td></td>
</tr>
<tr>
<td>Pharmacy</td>
<td></td>
</tr>
</tbody>
</table>
**Educational resources**

To learn more information specific to your surgery or health condition, please visit the Beaumont Health Library at: http://healthlibrary.beaumont.edu

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**Medication tracking chart**

We recommend keeping track of the medications you are taking using this chart.

<table>
<thead>
<tr>
<th>Medication name &lt;br&gt;What is the medicine called?</th>
<th>Dose &lt;br&gt;How much do I take?</th>
<th>Frequency &lt;br&gt;How often do I take it?</th>
<th>Reason I’m taking &lt;br&gt;What is the medicine for?</th>
<th>Take medicine with &lt;br&gt;Do I take it with food or water?</th>
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</thead>
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</tbody>
</table>
# Patient pain tracking chart

We recommend keeping track of your pain using this chart.

<table>
<thead>
<tr>
<th>Side effects (yes or no)</th>
<th>Day of surgery</th>
<th>1 day after surgery</th>
<th>2 days after surgery</th>
<th>3 days after surgery</th>
<th>4 days after surgery</th>
<th>5 days after surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeplessness</td>
<td></td>
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<td></td>
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<tr>
<td>Itchiness</td>
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<tr>
<td>Nausea</td>
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<tr>
<td>Dizziness</td>
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<td></td>
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<tr>
<td>Constipation</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Pain level (0 to 10)</th>
<th>Day of surgery</th>
<th>1 day after surgery</th>
<th>2 days after surgery</th>
<th>3 days after surgery</th>
<th>4 days after surgery</th>
<th>5 days after surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
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<tr>
<td>At rest</td>
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<tr>
<td>With activity</td>
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<tr>
<td>Noon</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>At rest</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With activity</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Night</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>At rest</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>With activity</td>
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</tbody>
</table>
**Activity tracker**

We recommend keeping track of both your incentive spirometer use and walking using the chart below. Both before and after surgery, you can keep track of your incentive spirometer use and you can also keep track of how often you walk.

<table>
<thead>
<tr>
<th>Walking</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before surgery</strong></td>
<td><strong>After surgery</strong></td>
</tr>
<tr>
<td>Try and walk at least 15 minutes each day before surgery.</td>
<td>Try to walk at least 20 minutes 4 times each day beginning on the day after surgery</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Incentive Spirometer</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before surgery</strong></td>
<td><strong>After surgery</strong></td>
</tr>
<tr>
<td>Try and use your incentive spirometer 3 sets of 10 repetitions before surgery.</td>
<td>Try to use your incentive spirometer 10 times per hour when awake beginning after surgery.</td>
</tr>
</tbody>
</table>
Beaumont STTAR Clinic

You may be asked to visit the Beaumont STTAR (Surgical Testing and Teaching for an Accelerated Recovery) Clinic before your surgery. You will be contacted by a Beaumont nurse if you need to set up an appointment to come to the STTAR clinic.

What to expect during the clinic visit:

- your medical and surgical history will be reviewed
- you will receive laboratory tests and diagnostics needed before your surgery
- you will receive education about your procedure and the Beaumont surgical experience
- you will receive a tour of the hospital.

**Your visit to the STTAR Clinic will last between 45-90 minutes.**

**My Beaumont STTAR Clinic nurse is:**

_____________________________________________________

**Goals of surgery**

It is important to set realistic goals for yourself before your surgery. It will be our priority to do everything we can to help make sure you achieve these goals. Please write down your goals of surgery here:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
## Your Beaumont surgical experience itinerary

<table>
<thead>
<tr>
<th>Step</th>
<th>Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your surgery is scheduled</td>
<td></td>
</tr>
<tr>
<td>Register for surgery</td>
<td></td>
</tr>
<tr>
<td>Receive a phone call from anesthesia pre-screening</td>
<td></td>
</tr>
<tr>
<td>Complete any necessary lab work as instructed by your doctor</td>
<td></td>
</tr>
<tr>
<td>Fill any prescriptions as instructed by your doctor</td>
<td></td>
</tr>
<tr>
<td>Receive a phone call from the scheduling office letting you know your surgical arrival time</td>
<td></td>
</tr>
<tr>
<td>Day of surgery</td>
<td></td>
</tr>
</tbody>
</table>

*Beaumont*