

# Surgery guide

What to expect before, during and after your surgery at Baylor Scott & White Health.





## Getting ready for your surgery

Being prepared for surgery can improve your outcomes from surgery. Below are some things you can do to prepare for surgery.

### Physical preparation

- Walk.
- Be active.

### Nutritional preparation

- Eat fruits and vegetables.
- Eat lean protein.
- Hydrate.
- Let your clinic know if you are eating less than usual.

### Mental preparation

- You are having a planned procedure.
- You have a team of support: Identify a person to support you during your recovery time.

### Make a list of your medications

- Include all prescription medications.
- Include all herbal medications.
- List the medication name, how often you take the medication and the dose.

### Avoid drinking alcohol and smoking

- Do not drink alcohol the day before surgery.
- Avoid nicotine and tobacco products. These products can delay wound healing and increase the risk of post-op complications.
- 1.800.Quit.Now

## Day before surgery

- Wash your hair, face and genital area with your usual cleansers.
- Bathe with chlorhexidine gluconate (CHG or Hibiclens®).
- Shower the night before and the morning of surgery.
- Apply thoroughly and allow to sit for a moment before rinsing.
- Wash from your neck down, avoiding your genital area.
- Focus on your surgery site.
- Use a clean towel to dry.
- Sleep in clean sheets and clothing.
- **Do NOT** let pets sleep in your bed after you shower.
- **Do NOT** apply lotions, deodorant or perfumes.
- **Do NOT** shave or wax.

### Did you know?

Following instructions for bathing before surgery helps prevent infection after surgery.



## Morning of surgery

- Bathe with chlorhexidine (CHG or Hibiclens®). Wash your entire body except your face and genital area with chlorhexidine for at least one minute.
- Drink clear liquids up to two hours before surgery. If prescribed, the special pre-surgery drink should be the last drink you have. Finish it at \_\_\_\_\_
- Arrive at the hospital at \_\_\_\_\_
- **Do NOT** shave or wax.
- **Do NOT** use lotions.
- **Do NOT** put on makeup or perfumes.

### Did you know?

Drinking clear liquids up to two hours before surgery is safe and good for your body. The pre-surgery drink has the right type and amount of energy your body needs for surgery.

## Recover: What to expect as you start your recovery

### Surgery day

- Start managing pain with medicine taken by mouth.
- Drink liquids.
- Eat if able.
- Use incentive spirometer every hour while awake.
- Cough and deep breathe.
- Spend time out of bed.
- Start walking.

### Day AFTER surgery and beyond

- Manage pain with medicine taken by mouth.
- Drink six to eight glasses of liquids.
- Eat solid food.
- Sit up for all meals.
- Use incentive spirometer every hour while awake.
- Cough and deep breathe.
- Spend at least four hours out of bed.
- Walk in the halls at least four times.

### Before going home, you will need to:

- Walk safely in the halls.
- Eat and drink without nausea or vomiting.
- Manage pain with medicine taken by mouth.
- Know about new prescriptions.
- Show signs your bowels are working.
- Know when your follow-up visit is scheduled.

# Resume: What to expect when going home

## Pain management

- It is normal to have some pain while you are healing.
- Follow medicine instructions given to you by your healthcare team.
- Use ice packs, deep breathing, walking and distractions like music to help with pain management.

## Drinking

- Drink at least six to eight glasses of water every day to stay hydrated.
- Watch for signs of dehydration, including being overly tired, having a dry mouth, feeling dizzy, having nausea, having dark-colored urine (pee) or urinating less than normal.
- Drink water if you have any of these signs. If you are not getting better after drinking water, call your healthcare team

## Activity

- Increase what you do each day to get back to your regular activities.
- Sit up for all meals.
- Spend at least six to eight hours out of bed each day.
- Walk for 15 minutes four to six times during the day.
- Rest when you feel tired.
- Do NOT** lift more than 10 pounds until your healthcare team says you can.
- Ask your healthcare team when you can start activities like jogging, cycling and lifting weights.

## Eating

- Eat healthy foods like cooked vegetables, low-fat dairy products, and proteins like lean meats and chicken.
- Talk to your healthcare team at your follow-up visit about advancing your diet.
- If your stomach gets upset after eating, eat bland, low-fat food like plain rice, boiled chicken, dry toast and yogurt.

## Driving

- Do NOT** drive if you are taking opioid medicine.
- You must be able to wear a seatbelt and turn your body to see for safe driving.
- Ask your healthcare team when it is safe for you to drive.

## Returning to work

- Going back to work depends on the type of work you do. Talk to your healthcare team to decide what is best for you.
- Slowly increase the hours you work.



# What to expect at home

## Pain management

Follow the instructions given to you by your healthcare team for taking medicine. Some people go home taking over-the-counter medicine to manage pain, and some people go home with prescription medicine to manage pain. Your healthcare team will talk with you about what is best for you. There are other things you can do to manage pain like moving around, using an ice pack, deep breathing and finding a distraction like music, TV and games. What works best is different for each person.

## Call your surgeon's office for:

### Signs of infection:

- A fever over 100.4°F or 38°C
- Redness, swelling, warmth or drainage at your incision site
- A cough or chest congestion, which may be signs of a respiratory infection
- To prevent infection, make sure you are regularly washing your hands, especially before touching your incision.

### Problems with wound healing:

- A collection of blood in the wound or a pocket of fluid in the wound.
- Increased bleeding from your wound (soaking a dressing in a 24-hour period).
- Increased or continuous bright red drainage or foul smelling drainage from your drain.
- Your wound is oozing drainage and has an unpleasant smell.
- You notice an open part of your incision.
- You have increased swelling at the incision or in your arm, hand, or underarm. Some swelling will be normal for about one month after surgery.
- Continued numbness, tingling, or shooting pain in your armpit, upper arm, shoulder or chest wall. Nerves will usually repair themselves, but it can take weeks or months.



## Call 911 or go to your local emergency room

If you are experiencing any of the following, call 911 or go to your local hospital immediately:

- Sudden numbness or weakness in arms or legs
- A painful, red, swollen leg that may feel warm to touch. These are signs of a blood clot.
- Shortness of breath
- Fainting or passing out
- Pain in your chest, upper back or arm
- Coughing up blood

