Pre-Surgical Personalized Enhanced Recovery Pathway

Surgeon/Office will check the boxes that apply to you:

- Practice Deep Breathing Exercises
- Use Incentive Spirometer
- Increase Exercise
- See Exercise Trainer
- See Dietician
- Shower with Hibiclens/CHG Solution (Theraworx if CHG allergic)
- Drink Ensure Immunonutrition before and after surgery
- Drink Ensure Pre-Surgery night before surgery
- Drink Ensure Pre-Surgery morning of surgery

*Ensure Pre-Surgery is fat-free, gluten-free, suitable for lactose intolerance, Kosher, Halal. It is NOT recommended for people with Galactosemia.

Complete Bowel Preparation (circle choice)
- Miralax _______________________
- Dulcolax ______________________
- Other _________________________

Take Prescribed Antiemetic

Take Oral Antibiotics (circle choice)
- Neomycin
- Cipro
- Flagyl
- Erythromycin
Surgery Timeline

Follow this timeline based on the Enhanced Recovery Pathway created for you:

From Now-Day of Surgery

Consult your Primary Care Physician or Cardiologist if you are taking any prescription medications.
Try to increase walking/exercise to 30 minutes a day.
If you have not already, stop smoking cigarettes/cannabis, vaping
Perform daily oral care-brush your teeth 3-4 times a day to reduce risk of developing pneumonia and other associated infections
Eat a healthy diet – this helps you to recover faster.
Appoint a friend or a family member to be your support person. This person can help you prepare for surgery and can also help you recover by picking up your prescriptions, shopping, completing household tasks.

1 Week Before Surgery

Start Protein shakes if recommended by your surgeon.
Do NOT Shave.
Practice Deep Breathing Exercises and Incentive Spirometer if recommended by surgeon.
Drink plenty of clear liquids (water, Jell-O, juice without pulp, Popsicles, clear broth, Gatorade, tea or coffee without milk or cream).
Follow your surgeon’s bowel preparation instructions if prescribed.
Do simple things to make your homecoming easier such as: put things you use frequently between waist and shoulder height to avoid having to bend down or stretch too much to reach them.
Put clean sheets on the bed.
Buy the foods you like and other things you will need.
Night Before Surgery
Shower with the Hibiclens/CHG solution. (Theraworx if CHG allergic). Scopolamine Patch or Emend (if recommended by your surgeon). Drink the Ensure Pre-surgery drink if instructed.

Day of Surgery
Shower with Hibiclens/CHG solution. (Theraworx if CHG allergic)
Take Medications, if any, as prescribed or recommended by the surgeon or healthcare provider.
Drink clear liquids until 1 hour before your scheduled arrival time. Do NOT drink liquids within 6 hours of surgery if you have Diabetes, Gastroparesis, Gastroesophageal Reflux Disease (GERD), Body Mass Index >39, or pregnant.

***Depending on your procedure you may or may not need to drink an Ensure Pre-surgery drink.

Drink the Ensure Pre-surgery drink 1 hour before your scheduled arrival time. Do NOT drink within 6 hours of surgery if you have Diabetes, Gastroparesis, Gastroesophageal Reflux Disease (GERD), Body Mass Index>39, or pregnant.

NO SOLID food, NO MILK products, NO Gum or Mints.

Shopping List
Clear Fluids (Gatorade, Tea, Jell-O, Popsicles)
Protein Shakes if suggested
Ensure Pre-surgery drink
Hibiclens Wash
Fill the prescriptions provided by the surgeon

Dulcolax (If Bowel Prep Prescribed by surgeon)
Miralax (If Bowel Prep Prescribed by surgeon)
FUELING UP FOR SURGERY: HOW NUTRITION CAN HELP YOU RECOVER

Undergoing surgery is a lot like running a marathon. During both, your body requires proper training and nutrition in the weeks and days before and after for the best recovery. Here’s what you can do to get ready:

For the average healthy adult, surgery can mean:

**INCREASED ENERGY NEEDS**
Your body burns a lot of energy during and after surgery. Fuel up by increasing your calories from complete, nutrient-packed foods.

**MAJOR WORKOUT**
You burn more glycogen, a form of stored carbohydrates, during surgery than during a 2 ½ hour run or bike race.1 “Carbo-loading” before surgery can keep you from getting depleted.

**MUSCLE LOSS**
After you burn through carbs or protein stores, your body begins breaking down muscle for energy. This can decrease strength and delay recovery. Protect your muscles by eating protein-rich foods and exercising before and after surgery.

**LOWERED IMMUNITY**
Surgical stress can weaken your immune system. Use *Immunonutrition* such as oral nutrition supplements including 18 grams of protein, arginine and omega-3 fatty acids to support immune health and recovery.1

**INSULIN RESISTANCE**
Insulin resistance is common after surgery and can cause complications. Drinking a clear, complex carbohydrate-rich drink two hours before surgery can help reduce insulin resistance.

**UNINTENDED WEIGHT LOSS**
After surgery, some people have nausea and don’t want to eat or drink, which can lead to weight loss. Talk to your doctor and consider a nutrition supplement such as Ensure.

The effect may be greater if you are at risk of malnutrition.

**DID YOU KNOW?**
In older adults, 3 days of bed rest can result in a loss of up to 10 percent of total leg muscle.2
Eat right and get moving after your procedure to help with recovery.
Deep Breathing Exercises
1) Sit upright.
2) Take a few slow breaths, then take a slow, deep breath in through your nose.
3) Hold your breath for 2-5 seconds.
4) Gently and Slowly breathe out through your mouth making an “O” shape.
5) Repeat 10-15 times.

Cleaning your Skin with Hibiclens/CHG the Night/Morning Before your Surgery

- Do not use Hibiclens if you are allergic to chlorhexidine gluconate or any other ingredients in it. (Use Theraworx instead-Follow directions on package)
- If you have an ostomy, do not use Hibiclens on the skin under your pouching system.
- Do not Shave before surgery.

1) Wash your hair with your normal shampoo, and rinse it well. Rinse any leftover shampoo from your skin.
2) Wash your face and genital (private) areas with regular soap and water only.
3) Rinse your body very well with warm water.
4) Wet and use a CLEAN wash cloth to apply Hibiclens to each part of your body listed below:
   - Neck and chest
   - Legs and feet
   - Hands and arms
   - Back and rear
   - Stomach
* Do Not let the solution get into your eyes, ears, mouth, or genital area.

5) Leave the Hibiclens on your skin for five minutes.
6) Rinse very well with warm water.
   *Do not use your regular soap after using and rinsing off the Hibiclens.
7) Pat yourself dry with a clean towel.
   *Do not use lotion, powders or perfumes on the areas cleaned with Hibiclens.
8) Put on clean clothes.
Recommended Exercise

Walking
At least 30 minutes.
3-5 times a week.
This should be done in addition to normal activity.

Mini Squats
Sit on a chair.
Without using your hands for support, stand up and then sit back down.
Make sure each movement is slow and controlled.
Repeat 10 times, 2-3 times a day.

Step Up, Step Down
To exercise your right leg, keep your back straight and step up with your right leg.
Try not to push off your left leg as you step.
Focus on using the strength of your right leg.
Now lift your left leg onto the step.
Step back down to your original position, lowering your left leg first.
Repeat alternating legs stepping up and stepping down.
Repeat 10 times, 2-3 times a day each leg.

Log Roll Technique (Post-op)
Practice the log rolling technique for getting up after your surgery.
Begin lying down.
Bend your knees up and roll to your side.
Slide your legs off the wedge of the bed with your knees bent.
Push up with your arms using your legs as a counterweight.