



**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 Galactoremia.

- 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

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Clear Fluids (Gatorade, Tea, Jell-O, Popsicles)</li> <li><input type="checkbox"/> Protein Shakes if suggested</li> <li><input type="checkbox"/> Ensure Pre-surgery drink</li> <li><input type="checkbox"/> Hibiclens Wash</li> <li><input type="checkbox"/> Fill the prescriptions provided by the surgeon</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Dulcolax (If Bowel Prep Prescribed by surgeon)</li> <li><input type="checkbox"/> Miralax (If Bowel Prep Prescribed by surgeon)</li> <li><input type="checkbox"/> _____</li> </ul> |
|---|---|

## FUELING UP FOR SURGERY:

HOW NUTRITION CAN HELP YOU RECOVER

Ensure



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.



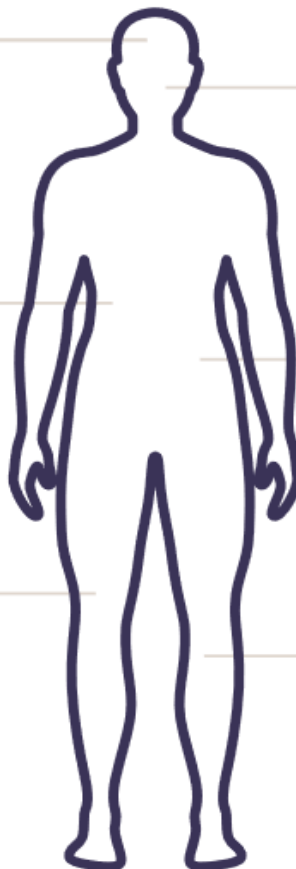
#### MAJOR WORKOUT

You burn more glycogen, a form of stored carbohydrates, during surgery than during a 2 ½ hour run or bike race.<sup>1</sup> **"Carb-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**.<sup>1</sup>



#### 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**.<sup>2</sup> 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.

