



Pre-Surgical Personalized Enhanced Recovery Pathway

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

- Watch Enhanced Recovery After Surgery Video and sign attestation
https://gbmchealthcare.formstack.com/forms/ersi_virtual_patient_education
- 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.

Do NOT drink Ensure Pre-Surgery if you have Diabetes, Gastroparesis, Gastroesophageal Reflux Disease (GERD), Body Mass Index>39, are taking Ozempic or any other GLP-1 agonist (weight loss medication) or pregnant.

- Apply Scopolamine Patch
- Use Nozin as Instructed
- _____
- _____
- _____

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 surgical area.
- 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 (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 if instructed (**see warning page 1**).
- Drink the Ensure Pre-surgery drink 1 hour before your scheduled arrival time if instructed (**see warning page 1**).
- 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 instructed (**see warning page 1**).
- Hibiclens Wash
- Fill the prescriptions provided by the surgeon
- _____
- _____
- _____

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.¹ **"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.**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 surgical area 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** washcloth 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.



Nozin. NASAL SANITIZER.

NOZASEPTIN® FORMULA ADVANCED ANTISEPTIC

PreOperative Pack How to Apply

AMPULE 1



Preparation Instructions:

Clean nostrils with a tissue. Discard.



Press the blue dot



Application Instructions:

RIGHT nostril



Ensure swab rotation covers all surfaces, including the inside tip of the nostril.

Rotations per nostril: 16

LEFT nostril



Total # rotations: 32

AMPULE 2



REPEAT

Repeat cycle with Ampules 2 and 3.

USE AND DISCARD

Use all three (3) Ampules consecutively.
Discard after use.

AMPULE 3



Do not use if you have allergy to citrus oil, or you have nasal bleeding or irritation.

Intended Use: Nozin® Nasal Sanitizer® is a topical antiseptic used to decrease bacteria on the nasal vestibule skin.

Active Ingredient: Alcohol 62%.

Precautions: Use ONLY with sleeve on ampule. Do not extend ampule into nose beyond swab tip. Refer to Instructions for Use (IFU) for complete product information.

Nozin.

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