

## 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,
G	astroparesis, Gastroesophageal Reflux Disease (GERD), Body Mass
In	dex>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

Ш	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.
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# **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

#### ENHANCED RECOVERY AFTER SURGERY 2023

## FUELING UP FOR SURGERY:

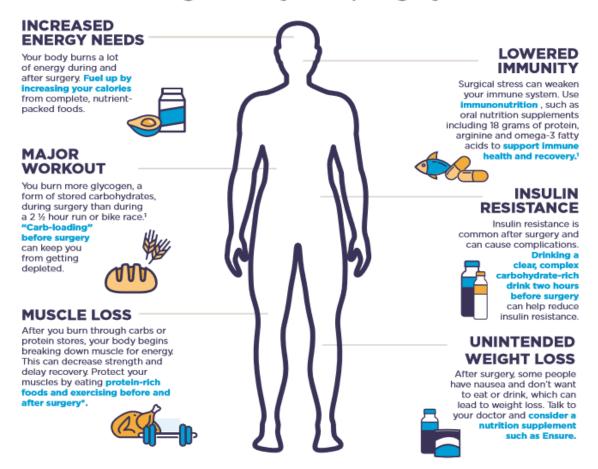
**HOW NUTRITION CAN HELP YOU RECOVER** 





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:



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 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.
- 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.
- $\square$  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.



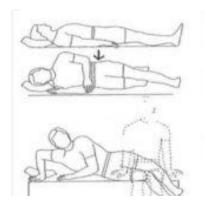
#### Step Up, Step Down

- ☐ 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, lowing 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.





# ENHANCED RECOVERY AFTER SURGERY 2023



PreOperative Pack How to Apply

AMPULE 1





#### **Preparation Instructions:**

Clean nostrils with a tissue. Discard.









#### **Application Instructions:**

RIGHT nostril







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

Rotations per nostril: 16









Total # rotations: 32

**AMPULE 2** 

AMPULE 3



Nózin.

REPEAT

Repeat cycle with Ampules 2 and 3.

**USE AND DISCARD** 

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

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.

