

Post Surgery HELP Card

<p>Please call your surgeon with any questions or concerns, or if you experience any of the following:</p>	<ul style="list-style-type: none"> • Abdominal Pain • Fatigue • Wound Issue • Dehydration • Fever • Diarrhea • Nausea and Vomiting
<p>For An Emergency:</p>	<p>Call 911</p>
<p>If You Are Not Sure:</p>	<p>Call your surgeon's office. During non-office hours you will be directed to the answering service. Please leave a message and the on-call surgeon will return your call.</p>
<p>At Another Hospital:</p>	<p>Call your surgeon's office.</p>
<p>For Something Non-Urgent:</p>	<p>Call your surgeon's office during regular business hours to speak with a nurse or staff member that can assist you.</p>



Cooperman Barnabas Medical Center

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Enhanced Recovery After Lower Intestinal Surgery



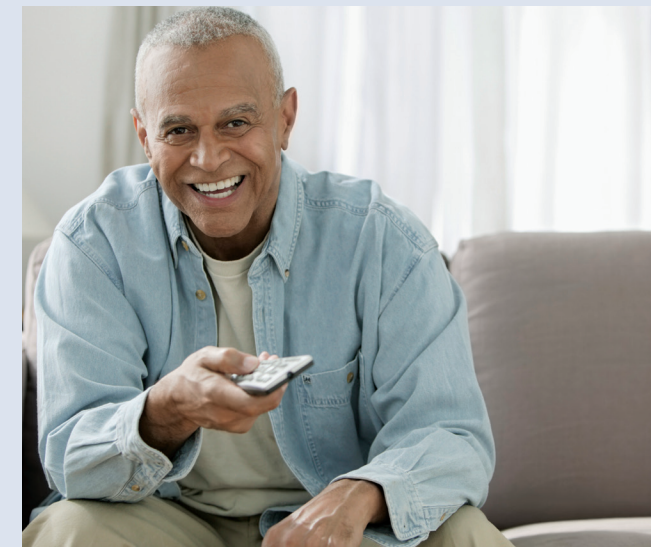
Welcome to the Enhanced Recovery after Lower Intestinal Surgery at Cooperman Barnabas Medical Center. Enhanced Recovery is an evidence-based approach designed to help people recover more quickly from surgery. This booklet explains the care you can expect to receive prior to your surgery, the day of and following your surgery. During this time, we will work closely with you and your support system to help ensure a safe and speedy recovery.

Be Involved In Your Care

Cooperman Barnabas Medical Center is a highly reliable organization, which means that our number one priority is to keep you safe. We ask our patients to become involved in their plan of care which will allow for better communication and will create an environment in which you feel informed, involved, and most of all safe.

We encourage you to be an active participant in your healthcare by doing the following:

- ▶ Learning about your procedure and how you can become involved in your recovery
- ▶ Speaking to your nurse about pain or discomfort to ensure effective pain management
- ▶ Always advocating for your safety by:
 - Asking questions
 - Making sure anyone who comes into your room has washed their hands, this includes hospital staff as well as visitors
 - Reviewing any allergies with your health care team
 - Always speaking up if something doesn't seem right to you



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A Patient Calendar: Comprehensive Recovery Pathway Lower Intestinal Surgery

	Evening Before Surgery	Day of Surgery	Immediately Following Surgery
Pain Management	<ul style="list-style-type: none"> ▶ Follow surgeon's instructions 	<ul style="list-style-type: none"> ▶ Follow surgeon's instructions 	<ul style="list-style-type: none"> ▶ Pain management & consultation ▶ IV medications ▶ Oral Medication
Nutrition	<ul style="list-style-type: none"> ▶ Follow surgeon's instructions until night before surgery ▶ Drink Pre-Surgery carb-loading drink 	<ul style="list-style-type: none"> ▶ Drink Pre-Surgery carb loading drink 2 hours prior to surgery start time 	<ul style="list-style-type: none"> ▶ Ice chips and clear liquid diet
Activity	<ul style="list-style-type: none"> ▶ In the weeks before surgery, try to build up to 150 minutes of moderate-intensity activity (like walking) a week 		<ul style="list-style-type: none"> ▶ Approximately 3 hours after surgery, you will be expected to get out of bed for at least 30 minutes
Respiratory	<ul style="list-style-type: none"> ▶ If you smoke, STOP! 		<ul style="list-style-type: none"> ▶ Incentive Spirometer 10 times each hour when awake
Skin	<ul style="list-style-type: none"> ▶ Shower 	<ul style="list-style-type: none"> ▶ Shower 	<ul style="list-style-type: none"> ▶ Follow healthcare team instructions
Oral	<ul style="list-style-type: none"> ▶ Brush and floss teeth 	<ul style="list-style-type: none"> ▶ Brush and floss teeth ▶ Rinse with mouthwash 	<ul style="list-style-type: none"> ▶ Brush and floss teeth ▶ Rinse with mouthwash ▶ Chew gum 3X daily for 20 minutes
Planning			

Day one Following Surgery	Day Two Through Discharge	At Home
<ul style="list-style-type: none"> ▶ Oral Medications 	<ul style="list-style-type: none"> ▶ Oral Medications 	<ul style="list-style-type: none"> ▶ Oral Medications ▶ Follow healthcare team instructions
<ul style="list-style-type: none"> ▶ Post-Op Clear liquid diet with a protein supplement 	<ul style="list-style-type: none"> ▶ Continue with liquids and protein supplements. Diet will progress to solid foods upon team approval 	<ul style="list-style-type: none"> ▶ Follow low fiber diet with plenty of fluids and protein
<ul style="list-style-type: none"> ▶ Get out of bed for at least 3 hours per day walk with assistance at least 3 times a day after meals 	<ul style="list-style-type: none"> ▶ Get out of bed for at least 4 hours per day walk with assistance at least 3 times a day after meals 	<ul style="list-style-type: none"> ▶ Continue with walking and returning to activities of daily living
<ul style="list-style-type: none"> ▶ Incentive Spirometer 10 times each hour when awake 	<ul style="list-style-type: none"> ▶ Incentive Spirometer 10 times each hour when awake 	<ul style="list-style-type: none"> ▶ Incentive Spirometer 10 times each hour when awake
<ul style="list-style-type: none"> ▶ Follow healthcare team instructions 	<ul style="list-style-type: none"> ▶ Follow healthcare team instructions 	<ul style="list-style-type: none"> ▶ Follow healthcare team instructions
<ul style="list-style-type: none"> ▶ Brush and floss teeth ▶ Rinse with mouthwash ▶ Chew gum 3X daily for 20 minutes 	<ul style="list-style-type: none"> ▶ Brush and floss teeth ▶ Rinse with mouthwash ▶ Chew gum 3X daily for 20 minutes 	<ul style="list-style-type: none"> ▶ Brush and floss teeth ▶ Rinse with mouthwash ▶ Chew gum 3X daily for 20 minutes
<ul style="list-style-type: none"> ▶ Know your discharge goals: <ul style="list-style-type: none"> – Tolerating low residue diet – Passing gas/having bowel movements – Pain under control – Walking by yourself 	<ul style="list-style-type: none"> ▶ Meet with social worker/your case manager about your discharge options ▶ Finalize discharge plan 	<ul style="list-style-type: none"> ▶ Schedule follow-up appointments with your surgeon