

How to Get Ready for Surgery

And Have an Easier Recovery

Questions and Contact Information

- If you feel sick or have questions about your procedure, call your doctor/clinic.
My Center/Clinic _____
- If you have questions about anesthesia, the pre-op process, or what medications to take before surgery, please call the Pre-op Center at **716-845-1673**.
- If you need to reach 3 West/surgery, please call **716-845-8476** between 6:00 a.m. and 7:00 p.m., Monday through Friday.
- Nights, weekends, and holidays, please call Roswell Park's main number, **716-845-2300**, and our Call Center staff will assist you. This number is in operation all day, every day (24/7).

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Your doctor is scheduling you for surgery at Roswell Park. This booklet contains important general information about how you can prepare for surgery.

Introduction - A Team Effort

Anesthesia, surgery, and recovery put extra demands on your body. It is important that we work together to speed your recovery and reduce your risk of complications.

In Your Center

- The doctors and nurses will explain what will be done during your operation. Please tell them about your:
 - allergies
 - medications: Ask your pharmacy for a printout (list) of your prescriptions. Add over-the-counter (nonprescription) medications, vitamins, and supplements to the list. Bring this list with you.
 - special needs
 - tobacco and alcohol habits
- Your surgery will be scheduled on either 3 West /Ambulatory Surgical Center) or on 2 West/ Interventional Radiology.
- Most, but not all, procedures require a pre-operative (pre-op) appointment. The appointment takes place before the day of surgery, not on the same day as surgery.
- You may receive additional instructions from your doctor or during a pre-op appointment in the Anesthesia and Evaluation Perioperative Center (APEC).

Pre-op Appointment

- The APEC appointment is to “clear” you for surgery. You will meet with a staff member from Anesthesiology and discuss how you can prepare and what to expect during and after surgery.
- You may have blood work, chest x-ray, and/or an EKG.
- **Let them know if:**
 - ✓ you have allergies
 - ✓ you have taken antibiotics or pain medication in the last 3 months
 - ✓ you or family members have had problems with anesthesia in the past

Medications

Some over-the-counter and prescription medications can interfere with normal blood clotting and may increase the risk of bleeding. The Anesthesia Perioperative Evaluation Clinic (APEC) team will review your medications with you during your preoperative visit. They will let you know if and when you need to stop any of your medications before surgery. **Be sure you tell them about all of the medications you take – prescription, over-the-counter, vitamins, supplements, etc.** If you do not need a preoperative visit, you will get a call from the team to review your medications.

After you have met/spoken with the APEC team, follow their instructions. Continue taking the approved medications up to, and including, the day before your surgery. On the morning of the day of your surgery, take only the approved medications. You can take them with a very small sip of water. List these medications here:

_____	_____
_____	_____
_____	_____

Prehabilitation – Getting Ready for Surgery

Things you can do to increase your body’s ability to heal and reduce the risk of infection.

<p>Good nutrition and physical fitness</p>	<ul style="list-style-type: none"> Both are important to a smooth and quick recovery. Eating a healthy diet of fruits, vegetables, and proteins can help maintain weight and reverse recent weight loss. High calorie protein drinks between meals can be helpful if you need to gain weight.
<p>Quitting tobacco</p> <ul style="list-style-type: none"> Tobacco Treatment Services: Call 716-845-1300 ext. 7851 Email: treattobacco@roswellpark.org Online: roswellpark.org/treattobacco NY Smokers’ Quitline: Call 1-866-NY-QUITS (1-866-697-8487). Online: www.nysmokefree.com 	<ul style="list-style-type: none"> Quitting lessens your risk for complications during and after surgery, makes cancer treatments more effective, reduces your chances of cancer recurrence, and lowers your risk of death from other causes. <p>Roswell’s Tobacco Treatment Services: Whether you are ready to quit or just thinking about it, we can help. Roswell Park’s program offers telephone and small group sessions for all Roswell patients who want to stop using tobacco.</p>
<p>Treat infections</p>	<ul style="list-style-type: none"> If you develop a cold or any type of infection before your surgery date, notify your provider. Infections anywhere in the body may increase your risk of developing an infection at the surgical site after the operation. There may be effective treatments that can be started before your surgery date.
<p>Alcohol and illegal drugs</p>	<ul style="list-style-type: none"> Avoid all alcohol and illegal drugs before your surgery.
<p>Daily exercise</p>	<ul style="list-style-type: none"> A great way to improve your conditioning before an operation. Even a 30 minute walk every other day is valuable.
<p>Start your exercises before surgery</p>	<ul style="list-style-type: none"> Practice using your incentive spirometer and doing leg exercises – they can help prevent pneumonia and blood clots after surgery. Instructions are on pages 14 and 15.
<p>Mouth/Dental care</p>	<ul style="list-style-type: none"> Good oral hygiene/mouth care is very important. Brush your teeth 2 times a day, floss regularly, and use mouthwash that does NOT contain alcohol. Talk to your doctor/nurse about what actions you should take before surgery to prevent problems after surgery.

ERAS Program

Roswell Park's Enhanced Recovery After Surgery program offers a better, faster recovery and the chance to get back to your normal self as soon as possible after your surgery.

The overall goal of the ERAS program is to shorten your recovery after surgery by:

- ✓ reducing the length of your hospital stay
- ✓ avoiding or minimizing the use of medications (such as narcotics) which may delay your recovery
- ✓ lowering your risk of complications after surgery

Successful ERAS starts *before* the operation with medications and other therapies aimed at giving you a head-start on your recovery.

It is important that you follow the instructions given. While some before and after surgery instructions may be different from your past experiences, studies show that the ERAS program improves the recovery process. (see chart below)

ERAS is not appropriate for all procedures and patients. You and your doctor will discuss what is best for you. This booklet will review how to prepare for surgery for either ERAS or traditional procedures.

ERAS Action	Benefit
Drinking the juice provided by your doctor/nurse, at specific times before your operation...	helps your bowels recover after surgery and provides the nutrition you need to heal
Taking laxatives soon after surgery...	prevents constipation
Starting pain medication* before your surgery... (*Taken by mouth instead of given by IV/through a vein)	provides a head start on controlling post-operative pain, and enables you to get up and move soon after surgery
Getting out of bed soon after surgery – AND – Walking on day 1 after the surgery ...	helps prevent pneumonia and blood clots (called deep vein thromboses or DVTs)
Starting a normal diet on day 1 after surgery...	gives you the nutrition needed to heal faster

If you are scheduled for an ERAS operation, your Center will give you a bag with the items and instructions you will need.

General Instructions

If your doctor gives you different instructions, always follow your doctor's orders.

	Traditional	ERAS
Food /Drink	<ul style="list-style-type: none"> Follow the pre-op diet instructions given to you by your surgical center. Do not eat/drink after midnight the night before surgery. No water, gum, coffee, chewing tobacco, etc. (Unless the doctor told you to take a small sip of water with your morning medications). 	<ul style="list-style-type: none"> Full meals: eat any time before midnight the day before surgery. If your meal is in the early evening, we encourage you to have a snack before you go to bed. Do not eat/drink after midnight the night before surgery. Do not chew tobacco. Exception: Drink the juice included in your kit 1 1/2 hours before your arrival time. Stop drinking once you've had your juice or your surgery may be delayed!
Bathing	<ul style="list-style-type: none"> Follow your doctor's/ nurse's instructions. Do not shave near operative site as this may increase your risk for infection. Do not wear lotion, deodorant, or powder on the day of your surgery. 	<ul style="list-style-type: none"> Your ERAS kit may contain a special antiseptic (CHG) wash with bathing instructions to lower the risk of infection. Do not shave near operative site as this may increase your risk for infection. Do not wear lotion, deodorant, or powder on the day of your surgery.
Pre-op Exercises – Preventing Pneumonia	<ul style="list-style-type: none"> Practicing Deep Breathing exercises and using your spirometer before surgery will help prevent pneumonia after surgery. The nurse who gives you a spirometer will show you how to use it. Breathing exercises are included at the end of this booklet 	<ul style="list-style-type: none"> Practicing Deep Breathing exercises and using your spirometer before surgery will help prevent pneumonia after surgery. Your ERAS kit may contain an incentive spirometer. The nurse will show you how to use it. Breathing exercises are included at the end of this booklet
Pre-op Exercises – Preventing Blood Clots	Simple leg exercises can help prevent blood clots after surgery. The exercises are included at the end of this book.	



How to Bathe Before Surgery

Before surgery, you can play an important role in your health. Showering with an antiseptic soap solution, such as the one in your ERAS bag, greatly reduces the number of germs on the skin. Please read the instructions and follow them closely.

- **Do not** use antiseptic solution if you are allergic to CHG (chlorhexidine gluconate).
- If rash, redness, itching, or other symptoms occur, stop using the antiseptic soap solution immediately. If the symptoms persist, call your doctor.

You must shower the night before AND the morning of your surgery.

When you shower

1. Wash your hair as usual with your regular shampoo. Then rinse your hair and body thoroughly to remove any shampoo residue.
2. Wash your face with regular soap and water only.
3. Wash your genital area with regular soap and water only.
4. Thoroughly rinse your body with warm water from the neck down.
5. Apply the antiseptic to a clean wet washcloth.
6. Lather your entire body **from the neck down**. Never use the antiseptic solution near your eyes, ears, nose, mouth, or genitals.
7. Gently wash your body and focus the antiseptic solution on the areas where the incision(s) will be located for 3 minutes. Do not scrub the skin too hard.
8. Once you have completed the scrub, turn the water on and rinse the antiseptic solution off your body completely.
9. **Do not wash with regular soap after** you have used the antiseptic solution.
10. Pat yourself dry with a clean towel.

Do not apply powders, deodorants, lotions, creams, hair products, nail polish, or make up. Dress in freshly washed clothes.

Getting Ready at Home

Arrival Time

- On the day before your surgery, the 3 West/Ambulatory Surgery Center will call you between 1 p.m. and 3 p.m. with your arrival time.
- If you do not receive a call by 3 p.m., please call **716-845-8476** and ask for your arrival time.
- If your procedure is scheduled for 2 West, you will be given an arrival time at the same time the procedure is scheduled.

Ride Home

- Arrange for rides to and from the hospital.
- **If you are not staying overnight, you must have a responsible adult with you to drive you home. If you do not, your procedure will be cancelled.** You cannot take a taxi by yourself. If you are alone, you must have someone ride home with you in the taxi.
- If arranging a ride home is a problem, talk to your nurse and the Social Work department will try to assist you. If you wish to contact Social Work yourself, please call **716-845-8022**.

What to Bring

- ✓ Pack a small bag with toiletries, reading materials, etc. Include your insurance and Roswell ID (green) cards, a list of your medications and allergies, and your healthcare proxy and/or advanced directive.
- ✓ There are lockers available for storing smaller items, but if you have anything larger than an overnight bag, you may want to leave it in the car so your family member/ friend does not have to carry it around while you are in surgery and recovery.
- ✓ If you wear dentures, you will need to remove them before surgery. Please give them to your family member/friend.
- ✓ **Do not bring valuables such as jewelry, credit cards, or money.** Phones should be given to your family member/friend for safekeeping.
- ✓ **Roswell Park is not responsible for lost or stolen items.** Please be sure to give your valuables to your family member/friend or leave valuables at home.

If you get a fever, flu-like symptoms, or a sore throat between now and your day of surgery, call your doctor/Center immediately.

The Day of Your Procedure

At Home

- ✓ Remove any nail polish, piercings, and jewelry - including rings.
- ✓ Bathe or shower the night before and/or the morning of your procedure, as instructed.
- ✓ Do not apply body lotions, deodorant, or powder after taking your shower.
- ✓ Do not shave anywhere near your operation site.
- ✓ Brush your teeth, swish, and spit.
- ✓ Remove contact lenses. Bring your glasses (no contact lenses) and cases for glasses and dentures.
- ✓ If appropriate, bring your crutches/walker, labeled with your full name and telephone number.
- ✓ Other than a sip of water to take medications, do not eat or drink anything. Do not chew tobacco, smoke cigarettes or marijuana. Do not vape.
- ✓ Wear loose-fitting clothing. If your procedure takes place above the waist, please wear a button down shirt. This will make it easier for you to dress after the procedure.
- ✓ Bring your health insurance ID card(s), Roswell Park green card, lists of your allergies and medications, and a copy of your Health Care Proxy Form, Advance Directive, or Living Will, if you have one. If you have questions about these documents, the Patient Access staff will gladly assist you. Patient Access staff can be found at Registration in the hospital lobby and on 3 West, the surgical unit.

At the Hospital

- Parking is available in the ramp on Carlton Street. On the 3rd floor of the ramp, there is an enclosed walkway that leads directly to the hospital.
- Parking discounts are available for eligible patients and their families. Parking tickets can be validated at the information desk in the lobby.
- Valet parking is available at the main entrance of the hospital for patients from 6 a.m. – 6 p.m., Monday – Friday (except holidays). Parking fees with valet charges are \$5.00. To use the valet, just pull up to the hospital entrance and our valet attendants will assist you.
- Wheelchairs are available for all patients at the main entrance of the hospital.
- **Smoking is not permitted anywhere on the Roswell Park campus, indoors or outside.**

On 3 West

- Go up to 3 West and check in. The secretary will: check your Roswell Park “Green Card” and review your personal information, show you the SmarTrack patient tracking system, and, at your request, provide you with an Advance Directive, Living Will, or Health Care Proxy forms.
- **Remember, all patients must have an adult with them to take or accompany them home if going home on the same day as the surgical procedure.**
- Give your valuables to your family/friends for safekeeping to hold while you are in surgery. There are lockers available for use. If you are staying overnight, you won’t need your belongings until you arrive in your room after the procedure.
- A nurse from 3 West will come to the waiting room and bring you to the pre-op area. Your family will remain in the waiting room at this time.
- **ERAS Patients: Your nurse may give you 1 to 3 medications – acetaminophen/Tylenol®, celecoxib/ Celebrex®, and gabapentin/Neurontin®.** Taking them before surgery will help relieve pain after your operation. It can also help reduce or eliminate the need for opioid medications. If you have a medical condition or allergy that would make any of these medications unsafe for you, you will not receive it.
- A 3 West staff member will bring your family/friend to the pre-op area when you are ready for your procedure. Only 2 visitors, age 12 years or older, are allowed at any one time.
- You will need to remove dentures and partial dentures. Put them in the storage box you brought with you and give them to your family/friend.
- You will need to remove hearing aids and glasses and give them to your family/friend.
- Your family/friend can wait in the 3rd floor lobby. The SmarTrack board will keep them informed of your status. Your physician will talk with them, as permitted, after the procedure
- Volunteers are stationed on 3 West as well to assist with directions and amenities.
- Children are not permitted in the surgical preparation or recovery areas.

After the Procedure

- **Visitors:** Following your procedure, you will be taken to the Post Anesthesia Care Unit (PACU), 3 West, or 2 West. No family members are permitted in the PACU. Only 2 family members or friends may visit with you while you are in 3 West. Only 1 visitor at a time is allowed on 2 West. Children are not permitted in the surgical preparation or recovery areas.
- Recovery time varies. Your condition will be monitored until you are stable for discharge.
- Whether you are staying in the hospital or going home after surgery, please read the Tips to Prevent Falling on page 18.
- You will be discharged by into the care of a responsible adult. Discharge and follow-up instructions will be reviewed with you. Make sure you, or your family member/friend, understand all these instructions. Please ask if you have questions.
- Be sure to take a copy of your discharge instructions home with you.
- Breast feeding mothers should pump and throw away their breast milk for 24 hours after surgery. Please consult a lactation specialist for further information.

Managing Pain

Low Opioid Use Policy	Roswell’s policy effectively manages your pain while reducing the amount of opioid medications and their negative side effects, including the risk of addiction and abuse.
Opioid Medications	<p>Opioid medications, also called narcotics, are prescribed because they are effective in relieving some types of pain. These medications include:</p> <ul style="list-style-type: none"> • hydrocodone (Vicodin® or Norco®) • oxycodone (Percocet® or OxyContin®) • tramadol (Ultram®) • propoxyphene with acetaminophen (Darvocet®)
Side Effects	<p>While opioids can relieve pain, they also have side effects that may slow your recovery. Some of these side effects include:</p> <ul style="list-style-type: none"> • itching • nausea and/or vomiting • constipation • sluggishness • dizziness • slow or shallow breathing <p>All of these can make your recovery more difficult.</p> <p>Opioids can also mask important pain signals. These signals can tell you that you may be doing too much and need to slow down, or that something may be wrong.</p>
Benefits	<p>There are many advantages to using less opioids after surgery.</p> <ul style="list-style-type: none"> • Your pain is effectively managed. • Your recovery will be quicker and less difficult. • The risk of addiction and abuse is greatly reduced.
What You Can Do	<p>Here are some suggestions to lessen your post-op pain besides taking opioid medications.</p> <ul style="list-style-type: none"> • Make sure to get up and walk around as often as you can. • Listen to your body. Continue with your daily activities. If something makes you sore or causes pain, stop and rest. • Always balance your activity with rest periods. Your body is still recovering and will need rest. • Meditation, yoga, guided imagery, and relaxation exercises can be very helpful in reducing pain and anxiety.

Please do these breathing and leg exercises before and after surgery.

Breathing Exercises

Coughing and deep breathing exercises will help you clear and expand your lungs and help prevent pneumonia. They will also help you recover from surgery more quickly.

Using the Incentive Spirometer will help with these exercises.

Using an Incentive Spirometer

1. Hold the spirometer in an upright position.
2. Breathe out normally.
3. Place lips tightly around the mouthpiece.
4. Slowly breathe in, as if you were sipping liquid through a straw, to raise the ball.
5. Try taking slow, deep breaths to hold the piston up for as long as possible.
6. When you cannot breathe in any more air, remove the mouthpiece and breath out.



After surgery, repeat this exercise 10 times every hour while you are awake.

Coughing and Deep Breathing

1. Place a hand on your abdomen.
2. Breathe in through your nose slowly to filter, warm, and moisten the air.
3. Hold your breath for 3 seconds.
4. Exhale slowly and gently through pursed lips (as if you were blowing out a candle).
5. Do this for 3 breaths. On the 3rd breath, cough instead of breathing out.



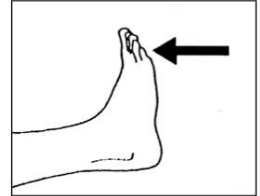
After surgery, repeat 3-4 times every 2 hours while you are awake.

Leg Exercises

Leg exercises are important in helping to prevent the formation of blood clots in your legs after surgery. These exercises will help you recover from surgery more quickly. Please practice them before you go to surgery.

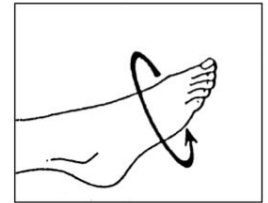
First Leg Exercise

- With your legs straight, first point your toes down. Then bring your toes up towards your head.
- Do these exercises 10 times every hour with one foot, then the other foot.



Second Leg Exercise

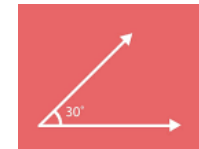
- Now, with your legs straight, rotate your ankles, one at a time, as if you were drawing little circles with your toes.
- Do this exercise 10 times every hour with one foot, then the other foot.



Preventing Pneumonia

Preventing pneumonia is very important, and we need your help while you are recovering. Remember “I-C-O-U-G-H” to help prevent pneumonia.

- I** **Incentive Spirometer** – See page 15
- C** **Cough and Deep Breathing** – See page 15
- O** **Oral Care** - Good mouth care removes germs so they can't travel down your airway and into the lungs. (Instructions below)
- U** **Understanding education** – Review educational materials and ask questions!
- G** **Get out of bed** - Moving and walking soon after surgery can help. Walk as much as you can, at least 3 times a day, unless your doctor says otherwise.
- H** **Head of bed elevated** - When not eating or drinking, always keep the head of your bed at a 30-degree angle while you are in the hospital. The nursing staff will help you with this.



Eating/Drinking

Do not eat or drink until you are told you can take liquids or food by mouth. Sit all the way upright when drinking or eating.

Mouth Care

- Brush your teeth and use mouth rinse 2x a day.
- In the hospital, your nurse may give you a special chlorhexidine mouth rinse, use it 2x a day (after breakfast & bedtime). Your nurse will perform oral care for you, if you are unable to do it yourself.
- At home, use a mouthwash that does not contain alcohol (Check the label).





Tips to Prevent Falling

In the Hospital

Even if falling was not a concern for you before you came to the hospital, being in the hospital and/or having surgery greatly increases your risk. In addition, falling increases your risk of serious injury.

Common causes of falls in the hospital:

- Medication can make you dizzy or change the feeling in your toes and feet.
- Tubes or lines can get you tangled up.
- You may be disoriented from being in an unfamiliar environment.
- You may not be sleeping as well as you do at home.

Your safety is our primary concern. If you are not steady on your feet, please call us.

We are just seconds away and happy to help!

- Use your call light to alert us when you need to get up and wait for us to come help.
- ALWAYS tell us if you have fallen recently.
- Tell us if you feel dizzy, weak, lightheaded, or unsteady.
- After lying down, sit up for a few minutes before you stand.
- Use your eyeglasses, hearing aids, walkers, crutches or braces when walking.
- Wear shoes or socks with non-skid soles. Avoid floppy slippers, bare feet, slip flops, and loose stockings.
- Keep items you use often within easy reach.
- Do not bend over to retrieve items on the floor – please ask for help.
- Use caution when walking with an IV pole.
- Do NOT use your IV pole to help you stand up. Use your hands to push off the mattress when you stand up. If you cannot do this easily, please ask for help.

At Home

- Continue the fall prevention tips that can apply to your home.
- If you feel dizzy, weak, lightheaded, or unsteady, ask a family member or caregiver for help.
- Use your walker, crutch, or brace.
- Throw rugs are can cause you to trip, and they should be removed.

