



<h2 style="text-align: center;">Medication Instructions</h2>	<p>• 7 Days prior to your surgery:</p> <ul style="list-style-type: none"> ○ STOP any ibuprofen (Motrin®, Advil®), naproxen (Aleve®), meloxicam (Mobic®), diclofenac (Voltaren®) or anti-inflammatory medications you are taking. ○ STOP any herbal, vitamin, or supplement products you are taking. <p>Day of Surgery: Prepare RN will give you specific instructions.</p> <p>**If you are on any blood thinners or aspirin, Prepare will call you to give specific instructions.</p>
<h2 style="text-align: center;">Prior to Surgery</h2> <p style="text-align: center;"><u>What to do 7 days before surgery</u></p> 	<ul style="list-style-type: none"> • Arrange for responsible person to drive you home. <ul style="list-style-type: none"> ○ If you go home the day of surgery, you must have a responsible person transport and remain with you for 24 hours. <ul style="list-style-type: none"> ▪ If you do not have a responsible person to drive you home or that can remain with you for 24 hours after surgery, you risk surgery being canceled. ▪ We are not able to discharge you with public transportation, unless it is approved medical transport • Plan for no jewelry-including wedding rings. <ul style="list-style-type: none"> ○ If unable to be removed, rings will be cut off day of surgery. ○ You may need to visit a jeweler prior to surgery if you can't remove your rings. • If you use Cannabis, THC, or Marijuana products (including a Vape) <ul style="list-style-type: none"> ○ Stop using 2 weeks prior to surgery • Continuous glucose monitor (CGM)-wear/use as prescribed into surgery. If glucometer is required to be removed, contact the vendor for new meter replacement arrangements.
<h2 style="text-align: center;">2 Days</h2> <p style="text-align: center;">Before Surgery</p>	<ul style="list-style-type: none"> • Contact your surgeon's office if you become ill with an infection, fever 100.4 degrees, chest congestion or gastrointestinal symptoms. • STOP shaving around the surgical area. <ul style="list-style-type: none"> ○ Facial shaving is allowed unless you are having head or neck surgery. • Wash a set of sheets and pajamas to use the evening before surgery. • Your skin must be clear of open areas, rashes, cuts, scrapes, or infection prior to surgery. If any skin concerns prior to surgery, call your surgeon's office before surgery. If you arrive in Preop with open areas, your surgery could be canceled.

<h1>1 Day</h1> <p>Before Surgery</p>	<ul style="list-style-type: none"> • Shower with Chlorhexidine Gluconate (Hibiclens®) following the instructions on the “Preparing Your Skin Before Surgery” sheet. • Wear freshly laundered pajamas and sleep in freshly laundered sheets after your shower. <ul style="list-style-type: none"> ○ To help prevent infection: Do not have pets sleep in or on your bed once you have washed with the surgical soap. • Do not use any lotion, powder, deodorant, makeup, nail polish (including gel, acrylic, etc.), hair products (including gel, hairspray, mousse), or perfumes/colognes. • Remove any eyelash and hair extensions, toupee, and weaves. • Do not drink alcohol and/or use any form of tobacco, this includes e-cigarettes and vapes • Receive your arrival time and location for surgery <ul style="list-style-type: none"> ○ On the business day before (Friday if your surgery or procedure is on Monday), you will be called or texted about when to arrive and where to check in
<h1>Day of Surgery</h1> <p><u>What to do the day of surgery</u></p> 	<ul style="list-style-type: none"> ○ Shower with Chlorhexidine Gluconate (Hibiclens®) following the instructions on the “Preparing Your Skin Before Surgery” sheet. ○ Do not use any lotion, powder, deodorant, makeup, nail polish (including gel, acrylic, etc.), hair products (including gel, hairspray, mousse), or perfumes/colognes. Do not wear any jewelry. ○ Brush your teeth and/or dentures. Do not swallow rinse water. ○ Shower again with Chlorhexidine Gluconate (Hibiclens®) following the instructions on the “Preparing Your Skin Before Surgery” sheet. ○ Wear comfortable, clean, and loose fitting clothes ○ Do not wear contact lenses-wear glasses instead. • Tie back or braid long hair with a NON-METAL hair tie. ○ Medications: Take as directed on page one
<h1>Fasting Instructions</h1>	<ul style="list-style-type: none"> • You may have solid foods until 8 hours before surgery. • You may have clear liquids until 3 hours before surgery. <ul style="list-style-type: none"> ○ <i>Clear liquids include water, Jell-O, popsicles, broth, clear sodas or sports drinks and juices without pulp (apple, cranberry, or grape are okay), black coffee, or tea. (Do Not Add cream or milk).</i>

Things to bring to the hospital:

- Photo ID or driver's license
- Insurance cards (health and prescription)
 - Anyone picking up prescription pain medication at the pharmacy is required to show a picture ID.
 - If you plan to pay for therapy equipment, please have your caregiver bring a check or credit card on the day you will be discharged from the hospital.
 - Do not bring cash, jewelry, or valuables. These items will be given to your caregiver or locked in the Bellin safe. Bellin is not responsible for lost or missing items.
- Advanced Directive or Living Will if not already on file.
- Detailed Home Medication List in case it is needed for verification (which includes inhalers and eye drops, over-the-counter medications, and herbals and/or supplements).
- Inhalers
- Ostomy supplies
- Cellphone and cellphone charger
- Crutches, cane, or walker
- Remotes for any implantable device to adjust that device.
- CPAP machine with clean mask and tubing (do not bring water and empty machine of water for transport).
- Overnight items (examples: toiletries, slippers, robe).
- SSC:** Please bring in your essential home medication in their original container/bottle (not vitamins or supplements).
- Please bring the remotes, magnets, keys and any other necessary supplies if you have any special equipment such as a stimulator, medication pump, pacemaker or defibrillator.
- A CLEAN blanket or stuffed animal to help comfort your child during their stay.

After Surgery

At Home

How to Control Pain:

- Cold therapy or Ice as needed. Rotate 15 minutes on, 15 minutes off
- Elevation of the surgical site to reduce swelling, which will reduce pain.
- Pain medications
 - Follow your surgeon's instructions for prescribed a pain (opioid) medication. Once your pain is under control if there are any pills left, please properly dispose.
 - If you are prescribed a pain (opioid) medication, do not drive while taking this medication.
 - Pain medication can cause nausea and vomiting, eating with the medication can help alleviate this.
 - Pain (opioid) medications can cause constipation-see below to prevent constipation.
 - Drink plenty of fluids to keep your urine pale yellow.
 - Over-the-counter stool softeners or laxatives can help control constipation.

How to Prevent Deep Vein Thrombosis (DVT)/Blood Clots:

- **Signs of DVT:** Calf pain, tenderness, or swelling in one or both of your legs
- Take short, frequent walks to help prevent a blood clot. (If your surgeon allows).
- If you are sent home with white TED stockings
 - Remove the stockings at bedtime - Do NOT keep the stockings on overnight.
 - Wash with plain water-NO detergents or soaps.
 - Hang them to air dry overnight.

How to Prevent Nausea and/or Vomiting:

- Cough and deep breath after surgery every hour while you are awake.
- Take an ORS (oral rehydration solution) sold at pharmacies and stores.
- Drink clear fluids in small amounts.
 - Water, Ice chips.
 - Fruit juice that has water added (diluted fruit juice).
 - Low-calorie sports drinks.
- Eat bland, easy-to-digest foods in small amounts:
 - Bananas, Applesauce, Rice, Toast/Crackers, Low-fat (lean) meats.
- Avoid drinking alcohol, sugary or caffeinated fluids.
 - Energy drinks, sports drinks, and soda.

How to Prevent Constipation:

- Eat high fiber food: such as beans, bran, whole grains, fresh fruit, and vegetables.
 - Limit foods that are high in fat and processed sugars, such as fried or sweet foods.
- Drink enough clear fluids to keep your urine pale yellow.
 - Avoid drinking alcohol, caffeine, and soda. These can make constipation worse.
- Activity: Start walking as soon as you can.
- Go to the restroom when you have the urge to go. Do not hold it in.
- Try drinking something hot to get bowel movement started.

- Medications-talk to your health care provider first for over the counter (stool softener, laxative, or fiber supplement) and/or prescription medicines.

How to Prevent Infection:

- Focus on cleanliness to prevent infection.
- Wash your hands with soap and water for at least 20 seconds before and after changing your bandage or touching your incision.
- Do not soak your incision in Tubs, Hot tub, Jacuzzi, Lake, Pool, etc. until incision is completely healed over **AND** your surgeon says it is OK.
- Do not share bars of soap, washcloths, or towels with others.
- Leave stitches (sutures), skin glue, or adhesive strips in place.
- You may cut the edges of the adhesive strips when they start to curl up.
- The skin glue will flake off on its own-do **NOT** pick at it or remove it.

When to Call Your Doctor:

- Increased redness or swelling
- Excessive pain that is not relieved by pain medication.
- Fever over 101° F or chills for more than 24 hours
- Warmth, pus, or bad smell or increased bleeding from incision
- If you cannot urinate, you cannot completely empty your bladder, or are urinating in small amount
- Chest pain, chest congestion, or difficulty breathing
- If you feel you have an emergency and your surgeon or one of his associates cannot be reached, go to your nearest Emergency Center or call 911

Thank you for choosing Bellin Health.