



PREPARING FOR YOUR SURGERY

ENHANCED RECOVERY AFTER SURGERY (ERAS)

A Patient Partnership for Safety Program. Our “ERAS” program helps ensure your safety and a successful outcome for your surgery.



White Plains Hospital

A MEMBER OF THE MONTEFIORE HEALTH SYSTEM



TABLE OF CONTENTS

Welcome.....Page 3
What Is Enhanced Recovery After Surgery (ERAS)?.... Page 4
 Are You “Blue Bag Ready”?.....Page 4

PRE-SURGERY

Optimizing Your Health Before Surgery.....Page 5
 Stay Active.....Page 5
 Prehabilitation.....Page 5
 Preventing Infection.....Page 5
 Quit Smoking.....Page 5
I-COUGH & Incentive Spirometry Before Surgery.....Page 6
Pre-Surgery Checklist.....Page 7

DAY OF SURGERY

What to Know on Your Day of Surgery.....Page 8
 AT HOME BEFORE Arriving at the Hospital.....Page 8
 AT THE HOSPITAL Prior to Your Operation.....Page 9

POST SURGERY

What to Know After Surgery at the Hospital.....Page 10
 Pain Management.....Page 10
 Discharge Criteria For Same Day Surgery.....Page 10
 Discharge Criteria For Inpatient Surgery.....Page 10
 Activity After Surgery.....Page 11

RECOVERY AT HOME

Now That You Are Home.....Page 12
 Activity.....Page 12
 Wound Care Instructions.....Page 12
 “WPH Cares” Transition to Home Program.....Page 12





WELCOME!

Dear Patient:

Thank you for choosing White Plains Hospital for your surgery. As your partners, we will all work together to ensure the best outcomes before, during and after your procedure.

In addition to the White Plains Hospital Surgery Guide and Surgical Experience video (please scan QR code below), this handbook is designed to help you understand what to expect and how you can help optimize your recovery.

Use the included checklists to help remind you what to do as your surgery date gets closer, as well as how you can help speed up your recovery. Be assured that we will always be here for you to answer your questions and provide you with the resources you need to safely and comfortably recover.

Thank you for trusting us with your health.

Sincerely,

Your Surgical Team

Please get in touch with the Surgical Navigation Center (SNC) for any questions at 914-681-2613 (Monday through Friday from 8a-4p)



Point your smartphone camera (or scanning app) at the QR code on the left to view the White Plains Hospital Surgery Guide and Surgical Experience video.

WHAT IS ENHANCED RECOVERY AFTER SURGERY (ERAS)?

Enhanced Recovery After Surgery (ERAS) is an evidence-based program with standardized pathways for each phase of care – before, during, and after surgery. I-COUGH is a program that specifically helps prevent lung problems after surgery and is part of our ERAS program. The following pages define the important steps to ERAS, I-COUGH, and other guidelines to help ensure a successful recovery.

Are You “Blue Bag Ready”?

As part of your ERAS program, you will receive a **Blue Bag** with items chosen by your surgeon that will help you prepare for your procedure, along with instructions for each item. The program is tailored to you, so you may receive additional items with instructions other than what is shown below:



Ready-Set-Prep Kit:

This is a bathing kit to help prepare your skin before surgery.



Incentive Spirometer:

This is to help exercise your lungs before and after surgery.



Show us you are “**Blue Bag Ready**” by bringing your **Blue Bag**, instructions, and your incentive spirometer (see page 6) with you the day of surgery.

OPTIMIZING YOUR HEALTH BEFORE SURGERY

Stay Active

Before surgery, it is important to be active. Walking for at least 30 minutes, three days a week is ideal. Walk more if you can or participate in other moderate-intensity activities. If you are not able to do these things, try to walk at least 900 feet (about five minutes walking at a slow pace) each day before your surgery.

Prehabilitation

Prehabilitation is something you can do to help prepare for surgery. In addition to walking, prehabilitation can include additional exercises for your body, exercises for your lungs (you will learn about these with I-COUGH), and exercises for your mind. Exercising your body, lungs, and mind before surgery will help with recovery after surgery.

Preventing Infection:



Brush your teeth at least twice a day before surgery, including the day of surgery before arriving.



Wash your hands frequently to stop the spread of germs.



Keep your skin clean.

Quit Smoking

If you smoke, plan to quit as soon as you know you may need surgery. The sooner you quit smoking, the more benefits there are. Ask your physician for help. They may be able to prescribe nicotine supplements to help you quit.

Smoking can increase your risk of surgical complications, which include:

- Increased risk of lung problems such as pneumonia.
- Increased risk of heart problems such as high blood pressure, heart rate, and risk of irregular heartbeat (arrhythmias).
- Decreased oxygen in your blood.
- Increased risk of blood clots.
- Increased risk of poor wound healing such as delayed healing, wound infections, cell and tissue death at the wound site.

I-COUGH & INCENTIVE SPIROMETRY BEFORE SURGERY

I-COUGH is a program to help you improve your lung function, both before and after surgery. It's important to practice this before surgery. Start performing the following 1 week prior to your surgery. Scan the QR code on the next page to see a video on how to use the incentive spirometer.

How to Use Your Incentive Spirometer:

1. Sit up as straight as possible.
2. Put together the tube with mouthpiece to the spirometer.
3. Hold the incentive spirometer in an upright position.
4. Place the mouthpiece in your mouth and seal your lips tightly around it.
5. Breathe in slowly and as deeply as possible. The yellow peg on the right cylinder should hover between BEST and BETTER. If it rises to the top, this means you are inhaling too quickly. Take your time inhaling.
6. Hold your breath as long as possible. Then, exhale slowly to allow the white disc to fall back to the bottom of the cylinder.
7. Rest a few seconds and repeat the process, 10 times every hour, at least 5-6 times a day.



INCENTIVE SPIROMETER EXERCISES

Perform these deep breathing exercises 10 times an hour to keep your lungs healthy.



COUGH AND BREATHE DEEPLY

After surgery, taking deep breaths and coughing will help clear your lungs. This helps the lungs perform the vital job of delivering oxygen to the tissues in your body. **Note:** If you just had abdominal, pelvic or chest surgery, hugging a pillow close to your abdomen while coughing will diminish pain.



ORAL CARE

Before and after surgery, brush your teeth at least twice a day, and gargle with mouthwash. This practice will help keep your mouth clean from germs.



UNDERSTAND THE IMPORTANCE OF I-COUGH

It is important for you and your caregivers to take an active role in your recovery from surgery. I-COUGH is a program that can help prevent lung infections and complications and prevent blood clots.



GET OUT OF BED AND WALK THE HALLWAY

Before surgery, keep walking to strengthen your muscles and develop stamina. After surgery, get out of bed with assistance and walk around the nurses' station, at least 3 times a day. If you cannot complete the loop, walk a fraction of the way and increase the distance with each attempt. **Note:** It is important to continue walking when you are discharged home.



HEAD OF BED ELEVATION

It is important to always keep the head of the bed elevated at least 15 degrees, at all times. This position will help you breathe better and will prevent choking.

PREPARING FOR SURGERY

PRE-SURGERY CHECKLIST

As soon as your surgery is scheduled:

- Stay active – at a minimum you should try walking at least 900 feet per day; we recommend walking 30 minutes a day at least 3 times per week.
- Eat a healthy diet.
- Speak with your doctor about any medications you should stop taking before surgery.
- Quit smoking.

One (1) week before your surgery:

- Follow the I-COUGH guidelines (see page 6) or scan the QR code below.



Scan the QR Code with your phone to view an instructional video on how to use your incentive spirometer.



Two (2) days before surgery:

- Stop shaving skin on your body (you may continue to shave your **face** only).
- If your surgeon asked you to complete a bowel prep (usually only for certain abdominal surgeries), please follow the instructions they gave you. If you have any questions about your bowel prep, please call your surgeon's office directly.

One (1) day before surgery:

- Use your Ready-Set-Prep Kit in your **Blue Bag** to shower the night before surgery – you will use this again in the morning.
- Be sure to follow any dietary restrictions your doctor may have given you.
- Follow these instructions for when to stop eating and drinking different items. (NOTE: You may need to stop sooner if your surgeon has asked you to complete a bowel prep – usually only for certain abdominal surgeries.)
 - **Stop all clear liquids** – black coffee or tea (no milk), water, Gatorade – **2 hours** before surgery.
 - **Stop all nonhuman milk at least 6 hours** before surgery.
 - **Light meals** (toast, jam, cereal) should be finished **at least 6 hours** before surgery.
 - **Heavier, fattier meals** (hamburger, fries, etc.) should be finished **at least 8 hours** before surgery.

WHAT TO KNOW ON YOUR DAY OF SURGERY



The day of surgery, AT HOME BEFORE arriving at the Hospital:

- If you were given an Ensure Clear Pre-Surgery carbohydrate drink in your **Blue Bag**, please drink this 3 hours before your surgery is scheduled.
- Two (2) hours before surgery, stop drinking ALL liquids – otherwise, your surgery may need to be delayed or rescheduled.
- Use your Ready-Set-Prep kit in your **Blue Bag** to take a final shower before arriving at the Hospital.
- Brush your teeth before arriving at the Hospital.
- Wear clean, comfortable, loose-fitting clothing to the Hospital.
- Do NOT wear jewelry, including body piercings – leave valuables at home.
- Bring insurance cards and photo ID or driver's license.
- Bring a list of ALL medications, herbal supplements, and over-the-counter medications you have taken in the past 2 weeks to the Hospital.
- Show us you're Blue Bag Ready! Don't forget your **Blue Bag**, instructions, and incentive spirometer.



The day of surgery, AT THE HOSPITAL prior to your operation:

To help prevent infection in your incision or your lungs, we will provide you with the following for one last cleansing:

- **Antiseptic mouth care swabs** to help clean your mouth and prevent a lung infection (pneumonia).
- **Chlorhexidine Gluconate (CHG) washcloths** to provide a final antibacterial skin cleansing.
- **Antiseptic nasal swabs** to reduce the bacteria naturally found in your nose, which can potentially cause skin infections.

If you have diabetes, are 45 years or older, or have a body mass index (BMI) of 30 or higher, we will check your blood sugar level before surgery with a small finger stick.

High blood sugar (hyperglycemia) can increase the chance of a surgical infection and can slow down wound healing. To prevent this, if your blood sugar is over 180mg/dL before, during, or after surgery, we may give you an injection of insulin to lower your blood sugar, even if you are not a diabetic.

We will also check on the following before surgery:

YES / NO

Were you given an Ensure Pre-Surgery Clear drink in your **Blue Bag**?
If so, what time did you drink it?

YES / NO

Did your surgeon ask you to complete a bowel prep (this is usually only for certain abdominal surgeries)? If so, were you able to complete it?

YES / NO

Did you use your Ready-Set-Prep kit from your **Blue Bag** the night before surgery and before arriving at the hospital?



WHAT TO KNOW AFTER SURGERY AT THE HOSPITAL

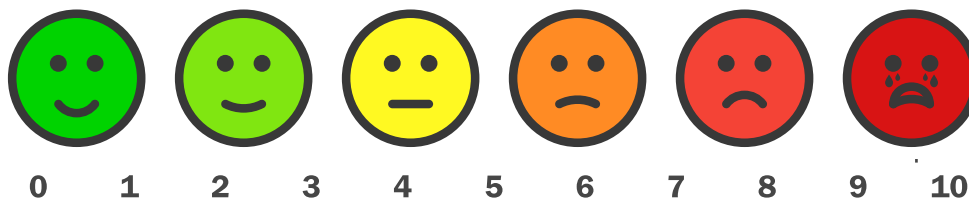
Pain Management

It is important to manage your pain as you recover from your surgery. If you experience a lot of pain, you will be less likely to participate in your recovery, which involves an informed approach to eating, drinking, walking, and taking deep breaths.

After surgery we will help you manage your pain by potentially using a variety of medications and methods. Our approach typically minimizes the use of opioids, which can cause nausea and slow down your bowel function and recovery.

There are also holistic and alternative pain management techniques available – ask your nurse!

Pain Measurement Scale:



Discharge Criteria For Same Day Ambulatory Surgery

- You will be given a drink and snack to make sure you are ready for discharge.
- We will make sure your pain is managed.
- You will be given discharge instructions to follow at home.
- You will need a responsible adult to drive you home.

Discharge Criteria For Patients Who Are Staying Overnight

- You will need to tolerate clear liquids. You may be given instructions on how to advance your diet at home if needed.
- You will need to manage your pain without IV medications or injections.
- You will be given discharge instructions to follow at home.
- You will need a responsible adult to drive you home.

ACTIVITY AFTER SURGERY

If you are going home the same day of your surgery, be sure to follow any restrictions provided by your surgeon.

- If you have restricted activity but can walk, be sure to get up and walk every 2 hours while awake. This will help prevent blood clots from forming, prevent pneumonia, and speed up healing.
- If you have no activity restrictions, resume your normal activity to help your recovery.

If you are staying in the Hospital after surgery, be sure to follow any activity restrictions your healthcare team gives you.

- When in bed, flex your ankles and knees to help prevent blood clots and raise the head of your bed so you aren't lying flat to help avoid aspirating, which could cause pneumonia.
- Eat all your meals while sitting up in a chair.
- Wear the blue compression stockings anytime you are not up and walking (you can even use them while sitting in a chair).
- 6-8 hours after surgery, ask for assistance to get out of bed. Try to stand and march in place if you do not yet feel ready to walk.
- Unless you are sleeping, try to spend time out of bed sitting upright in a chair.
- When walking, try to go farther than the last time. Your goal in the Hospital is to walk at least 900 feet per day.
- If you ever feel dizzy or unsteady, sit down and press your call button for assistance – **Call don't fall!**



NOW THAT YOU ARE HOME

Follow your discharge instructions and the following recommendations to continue your healing at home:

Activity:

- After surgery, you should not operate heavy machinery, drive a motor vehicle, or consume alcohol until cleared by your surgeon or primary care physician.
- Do not spend the whole day in bed. Instead, be sure to get up and walk every two (2) hours during the daytime to prevent blood clot formation.
- During your follow-up visit, check with your provider about when to return to specific athletic activities.
- Use the incentive spirometer 10 times an hour while awake to exercise your lungs.
- Stay well hydrated by drinking water, unless you have been told to restrict fluids.
- Eat a healthy diet. Be sure to follow any dietary restrictions your doctor may have given you.

Wound Care Instructions:

- Always clean your hands with soap and water or an alcohol-based hand rub before and after caring for your surgical incision(s).
- Do not allow pets too close to your surgical incision(s).
- Do not apply any ointments or lotions unless specifically instructed to do so by a provider.
- No pools, baths, or soaking of the surgical incision(s) until they are healed unless specifically instructed to do so by a provider.
- Family/friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting.
- Check with your surgeon on how to keep your wound clean. Showering with soap and water can help prevent problems with your wound.

“WPH Cares” Transition to Home Program:

- After being discharged from the Hospital, your care will continue with a follow-up call from a member of our healthcare team at WPH Cares.
- This outreach will review discharge instructions, follow up appointments, review medications and answer any questions. Your caller-ID will either state “WPH Cares” or the number 914-849-2273 will appear.





