

## Frequently asked questions



**Q. Why is it important to drink a carbohydrate beverage before surgery?**

**A.** The carbohydrate drink gives you the energy you need during surgery and to start healing afterward. You'll also feel less hungry and thirsty.



**Q. Why eat and drink soon after surgery?**

**A.** Food provides you with energy to help you heal and recover faster.



**Q. Why should I sit up and walk soon after surgery?**

**A.** Moving can prevent blood clots and pneumonia and help you feel better. We'll help you sit up in a chair for meals and walk short distances. When you go home, continue to get up and walk from time to time.



**Q. Do I need to take my pain medicine, even if I'm not in pain?**

**A.** Yes, for the first few days after surgery, take the medicine as directed so you can stay ahead of the pain, move around, and heal faster. It's harder to manage pain when you miss a dose. If you need to take opioid medicine, also take medicine prescribed for constipation.



**Q. Why do I need help at home after my surgery?**

**A.** Even if you usually take care of everything on your own, you'll need help at home to safely recover. Your helper can assist with meals, medicine, driving, and other daily activities.



**Q. Why do I need to quit tobacco?**

**A.** Smoking slows healing and increases the risk of complications. Quitting before surgery can make a big difference. We offer counseling and medicine to help you quit.

## What is Enhanced Recovery?

Enhanced Recovery is special care that helps you prepare before, during, and after your surgery to:

- Heal more quickly
- Eat and move sooner
- Control pain

Learn more at [kp.org/mydoctor/enhancedrecovery](http://kp.org/mydoctor/enhancedrecovery) \*

\*Not all functionalities are available in Hawaii

### Special instructions:

### Contacts for questions:

- Your personal surgeon
- Your Surgery Department

If you cannot reach someone and need urgent care, please go to the Emergency Department.

Please do not email your surgeon with urgent questions.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Some photos may include models and not actual patients.

© 2014, The Permanente Medical Group, Inc. All rights reserved. Regional Health Education. 014661-021 (Revised 8/19) RL 7.5. Adapted with permission from copyrighted material of The Permanente Medical Group, Inc., Northern California.

1085 0097 11/2021



## My Surgery

Get Up, Get Moving, Get Better



# My calendar: recover safely and quickly

Follow these steps before and after your surgery, and bring this with you to the hospital



	Day(s) before surgery	Morning of surgery	Within 12 hours after surgery	Day(s) after surgery and after discharge
<b>Pain Control</b> 	<input type="checkbox"/> Take pain medicine if instructed by doctor	<input type="checkbox"/> Take pain medicine if instructed by doctor	<input type="checkbox"/> Take pain medicine as instructed by doctor <input type="checkbox"/> Apply ice pack <b>only</b> if instructed by surgeon <input type="checkbox"/> Ease pain with online tool: <a href="http://kp.org/easepainpodcast">kp.org/easepainpodcast</a>	<input type="checkbox"/> Take pain medicine as prescribed <input type="checkbox"/> Ease pain with online tool: <a href="http://kp.org/easepainpodcast">kp.org/easepainpodcast</a> <input type="checkbox"/> Download MyKPMeds app to manage medicine: App Store or Google Play
<b>Activity</b> 	<input type="checkbox"/> Be active or walk as instructed by doctor <input type="checkbox"/> Relax with online tool: <a href="http://kp.org/surgerypodcast">kp.org/surgerypodcast</a>	<input type="checkbox"/> Relax with online tool: <a href="http://kp.org/surgerypodcast">kp.org/surgerypodcast</a>	<input type="checkbox"/> Sit up in bed to help prevent pneumonia <input type="checkbox"/> Stand and walk with nurse or physical therapist as directed <input type="checkbox"/> Eat meals in chair	<input type="checkbox"/> Eat meals in chair <input type="checkbox"/> Follow discharge instructions for being active
<b>Eating &amp; Drinking</b> 	<input type="checkbox"/> You may eat food up until 8 hours before your scheduled arrival time, unless directed otherwise by your surgeon	<input type="checkbox"/> You may eat food up until 8 hours before your scheduled arrival time <input type="checkbox"/> Start drinking the carbohydrate drink recommended by your surgeon 2 hours before your scheduled arrival time. Finish drinking it in 15 minutes <input type="checkbox"/> You may drink other clear liquids up to 2 hours before your scheduled arrival time	<input type="checkbox"/> Begin to eat food and drink liquids to give you energy to heal	<input type="checkbox"/> Eat healthy foods <input type="checkbox"/> Drink plenty of liquids <input type="checkbox"/> Follow discharge instructions
<b>Tobacco</b> 	<input type="checkbox"/> Quit tobacco as soon as possible to help reduce the risk of complications and heal faster	<input type="checkbox"/> Do not smoke or chew tobacco	<input type="checkbox"/> Do not smoke or chew tobacco	<input type="checkbox"/> Do not smoke or chew tobacco
<b>Mouth &amp; Skin Care</b> 	<p><b>1 week before surgery</b></p> <input type="checkbox"/> Don't shave or wax body where we'll operate	<input type="checkbox"/> Don't shower or bathe <input type="checkbox"/> Brush teeth <input type="checkbox"/> Don't shave or wax body where we'll operate	<input type="checkbox"/> Brush teeth <input type="checkbox"/> Wash your hands regularly	<input type="checkbox"/> Follow incision care instructions <input type="checkbox"/> Brush teeth 2 to 3 times each day <input type="checkbox"/> You may shower, but don't take a bath or use a pool or hot tub
<b>Other Steps &amp; Treatments</b> 	<input type="checkbox"/> Practice using incentive spirometer to exercise lungs if instructed by doctor: <a href="http://kpdoc.org/incentivespirometervideo">kpdoc.org/incentivespirometervideo</a> *  <small>*Not all functionalities are available in Hawaii</small>	<input type="checkbox"/> Take only approved medicine	<input type="checkbox"/> Help prevent blood clots with walking, medicine, and devices <input type="checkbox"/> Exercise lungs with incentive spirometer 10 times each hour while awake: <a href="http://kpdoc.org/incentivespirometervideo">kpdoc.org/incentivespirometervideo</a> *  <small>*Not all functionalities are available in Hawaii</small>	<input type="checkbox"/> Follow medicine and discharge instructions <input type="checkbox"/> Exercise lungs with incentive spirometer 10 times each hour until up and moving regularly: <a href="http://kpdoc.org/incentivespirometervideo">kpdoc.org/incentivespirometervideo</a> *  <small>*Not all functionalities are available in Hawaii</small>