

THE DAY AFTER YOUR SURGERY



Keep Your Head Up

After surgery, sitting in a chair or walking every hour improves lung function, expands lungs and reduces lung congestion.



Breathing Exercises

You may be given a breathing exercise device called an Incentive Spirometer after surgery. It will strengthen respiratory muscles and improve lung function. Please use as directed.



Cough and Breathe Deeply

Doing so moves mucus out, strengthens respiratory muscles, and clears your lungs. This is especially important after surgery.



Wash Your Hands

Before changing dressings or touching the wound, wash your hands. Keep your surroundings clean, wear clean clothes and keep pets away from the wound.



Walk

Walk every hour after surgery. It reduces the risk of pneumonia and blood clots in the legs; it also improves intestinal, heart and lung function. This is the most important activity you can do.



Post-op Phone Calls

If you go home the same day of your surgery, a nurse from the Surgery Center will call you the following day to check your progress.

If you believe you are having a medical emergency (such as chest pain, difficulty breathing or signs of stroke), please call 911 or have someone drive you to the nearest hospital Emergency Department.

Call your doctor if you have a fever, increased pain, drainage, redness or swelling around the incision.

Most postoperative issues DO NOT require an evaluation in the ER.

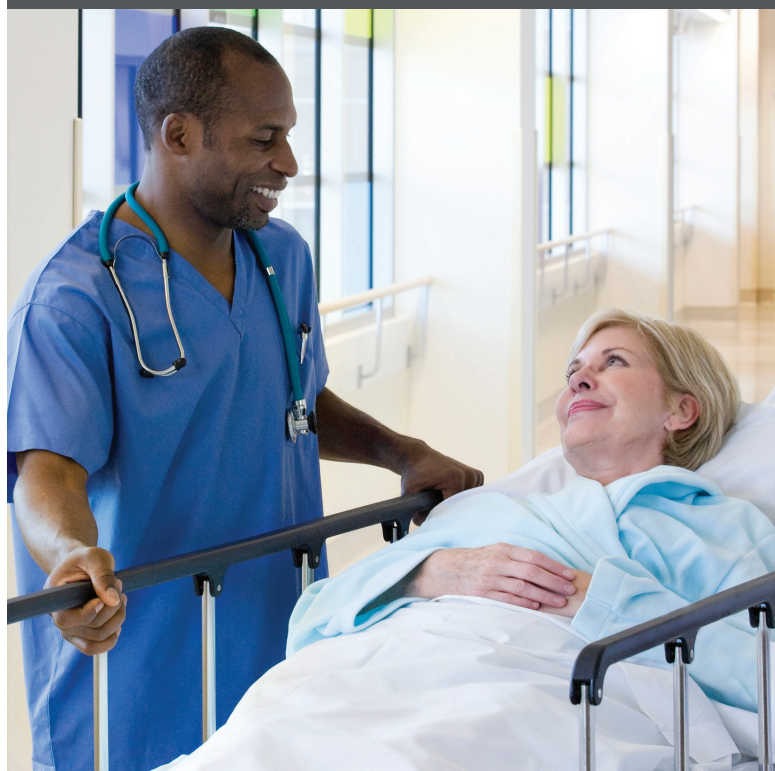
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**CHELSEA
HOSPITAL**

Safer Surgery

Taking Steps Toward Safer Surgery



Join your health care team and take an active part in preparing for your surgery.

You are the most important member of the team and play an important role in your recovery.

These are steps you can take to make sure you have the best surgical outcome possible.

ChelseaHospital.org

STARTING 2 TO 4 WEEKS PRIOR TO SURGERY



Walk Daily

Walking strengthens your heart and lungs in preparation for surgery.



Stop Smoking

Smoking increases your chances of pneumonia and breathing difficulty after surgery.



Medications

Continuing taking regular medications as directed by your physician. Control blood sugars. High sugars can increase the risk of complications.



Nutrition

Emphasize protein and eat healthy, avoid high sugar and high fat foods.



Shower

Wash with antibacterial **bar** soap such as Dial®, for three days prior to your surgery date to reduce the number of bacteria on the skin. Use a clean washcloth each time. This reduces the risk of wound infections.

THE NIGHT BEFORE YOUR SURGERY



Oral Hygiene

Use mouth wash and brush teeth for three days before surgery to reduce harmful bacteria in the mouth, which reduces the risk of pneumonia.



Nail Hygiene and Jewelry

Please remove all nail polish and artificial nails as they may harbor bacteria. Make sure nails are clean and free of debris.

Remove ALL jewelry (i.e. rings & piercings) and leave at home.



Shaving

DO NOT shave around the surgical site for at least **three** days before surgery.



Eating/Drinking Guidelines

We encourage you to drink clear liquids, which includes water, clear juice (no pulp), Gatorade®, carbonated beverages, black coffee or tea, for up to four hours before your scheduled surgery. This helps prevent dehydration, caffeine withdrawal and low blood sugar. Although clear liquids as mentioned may be allowed up to four hours prior to your surgery, please do not have any food within eight hours of your scheduled surgery time.



The evening prior to surgery, shower or bathe with antibacterial **bar** soap, such as Dial®. Use a clean washcloth. Wash hair with any shampoo. Dry off with a clean towel.

DO NOT apply any makeup, lotions, oil, powders or deodorant to your skin. Dress in clean clothes/sleepwear.



Place clean sheets on your bed. DO NOT sleep with your pets. Pet hair and germs can adhere to your skin, increasing your risk for infection.



If you are given **antibacterial wipes** by your surgeon, open your package two hours after showering. Apply the surgical wipes as directed on the Preoperative Skin Preparation (Chlorhexidine Gluconate cloth) Instructions. Allow to air dry without using a towel.

THE DAY OF YOUR SURGERY



Please brush and rinse your mouth the day of surgery. **DO NOT** smoke, vape, chew tobacco or have hard candy. **DO NOT** chew gum as it increases stomach acids which may lead to post-op nausea.



DO NOT shower, bathe or shampoo your hair. **DO NOT** shave the surgical site. **DO NOT** use deodorant, lotions, creams, makeup or perfumes.



For the day of surgery, please wear freshly laundered, loose fitting clothes.