

Missouri Baptist Surgical Services

Your Enhanced Recovery Care Plan



Missouri Baptist Medical Center

BJC HealthCare



Welcome to MoBap

Thank you for choosing Missouri Baptist Medical Center. We want to prepare you for your surgical procedure and set expectations for what you will experience prior to surgery and throughout your recovery.

This guide outlines the Enhanced Recovery Plan used by our team and prepares you for the best possible surgical outcome with decreased risks for adverse events.

You will be assigned an Advanced Practice Provider (APP), who is a trained clinician and part of your MoBap team. They will be your point of contact from the surgical evaluation through your recovery. In addition to providing personalized care, your APP will be available to answer questions and will reach out to you at key points in the surgical process.

Your dedicated MoBap team has one goal: to get you back to your life. No team can succeed without its most important member—and that's YOU. By being accountable for your health decisions and following the recommendations of your physician and care team, we can work together to achieve the best outcome possible.

Your Surgical Information

Procedure Name: _____

Diagnosis: _____

Surgical Evaluation Center Appointment Date and Time: _____

Surgery Date and Time: _____

Arrival Time for Surgery Date: _____

Anticipated Day of Discharge*: _____

**Plan for discharge around 10 a.m.*

Person who will care for you at discharge: _____

Phone/Cell: _____

Advanced Practice Provider: _____

Phone Number: _____

Our Address:

Missouri Baptist Medical Center
3015 N. Ballas Rd.
St. Louis, MO 63131

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Preparing for Surgery

What is a Advanced Practice Provider?

Your Advanced Practice Provider is a nurse practitioner or physician assistant who will be your partner throughout this journey. Working with your surgeon, anesthesiologist, primary care physician, rehabilitation therapist and all the other care providers, he or she will create a seamless continuum of care.

Your APP's responsibilities as your healthcare partner include:

- Coordinating your individual care plan before, during and after surgery.
- Identifying the best place for you to recover and rehabilitate, whether it is in the hospital, at a rehabilitation facility or at home.
- Being available for any questions.
- Providing periodic check-ins after discharge to help keep you on the path to recovery.

What Should I Do Before My Surgery?

- Schedule a pre-testing appointment at the Surgical Evaluation Center. Call 314-996-5060.
- Increase Activity Level: This will help prepare your body for surgery and help you heal faster. Even a daily 15-minute walk will be valuable for your recovery.
- Stop Smoking: Smoking can cause problems with breathing and recovery from anesthesia. It can lead to higher rates of complications, pneumonia and heart attack. It is recommended that you stop smoking four weeks prior to surgery and throughout your recovery.
- Nutrition: Proper nutrition is important for wound healing, infection prevention and recovery from surgery. In addition to a well-balanced diet, we may recommend drinking high-protein nutrition drinks (such as Impact Advanced Recovery®, Boost® or Ensure®) during the week leading up to surgery.
- Diabetes Care: Elevated blood sugar levels slow healing and decrease the body's ability to fight infections. Work with your physician to control your blood glucose levels. Please let us know if you would like to see a diabetes educator.

Notes: _____

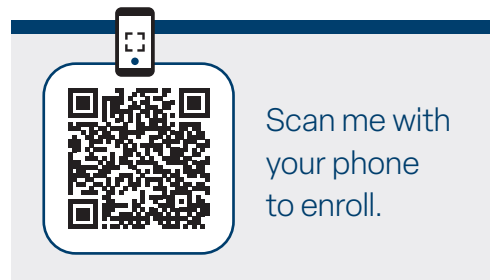
Plan for Discharge

- Arrange transportation for the day of discharge before you arrive to the hospital.
- Your primary responsibility after surgery is to focus on recovery. Ask for support from a family member or friend for transportation, household work and other errands.

Enroll in MyChart

MyChart is a secure website that provides you with online access to:

- Your lab and image test results at any time.
- Information about testing, health topics, news and more.
- Secure e-mail correspondence with your healthcare provider.



Get Connected to Your Health
MyChart Support Center
314.273.1966 or toll-free 866.273.1966

MyChart gives you online access to your medical record.

Whether you're at work, on the road, or at home, you can view test results, messages from your doctor, and your key medical information. You can even access your family's records and schedule your next appointment online. So sign up today – and get connected to your health.

Manage your appointments

Schedule your next appointment or view details of your past and upcoming appointments.

Access your test results

No more waiting for a phone call or letter. View your results and your doctor's comments within days.

Pay bills online

Access and pay your copays and bills from home.

Prepare for your visit

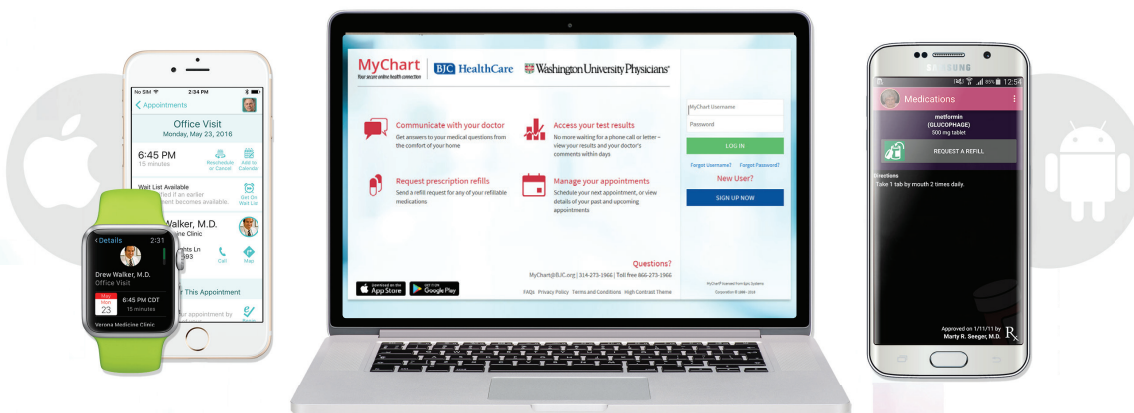
Complete forms and questionnaires before your appointment.

Communicate with your doctor

Get answers to medical questions without phone tag or unnecessary appointments.

Request prescription refills

Send a refill request for any of your refillable medications.



Ask about MyChart today!

MyChart® is a registered trademark of Epic Systems Corporation

What Should I Bring to My Surgical Evaluation Center Appointment?

The Surgical Evaluation Center is located just inside the Main Entry of the hospital, across from the coffee area. Your APP will meet with you and start gathering your medical information during this visit.

Please bring the following:

- ☐ A list of your prescriptions, non-prescriptions, and inhalers with you. Include all over-the-counter items including vitamins, supplements, aspirin, etc.
- ☐ Phone and fax numbers of your primary care physician's office and any other medical specialist.
- ☐ Implant information cards for devices such as pacemakers or defibrillators.
- ☐ Current insurance cards.
- ☐ Advanced Directive (also called a Living Will).
- ☐ A family member or a support person if available.

Please leave valuables (jewelry, electronics, etc.) at home.

However, a form of payment will be needed to purchase prescriptions at time of discharge.

How Should I Prepare at Home?

- Shower using soap or as instructed by your surgical care coordinator.
- Use the special scrub brush and nail pick, also provided at the Surgical Evaluation Center, to wash your hands and remove dirt from under your fingernails.
- Brush your teeth.
- Wear fresh, clean clothes.
- Do NOT wear lotion, make-up, powder or perfume.
- Take any medications you were instructed to take with a sip of water.
- Remove all jewelry, including body piercings.
- Follow the fasting guidelines that you were given at the Surgical Evaluation Center.
- Make plans for a family member or friend to drive you home.



Day of Surgery

What Should I Bring to the Hospital?

- ☐ This booklet.
- ☐ Insurance information and valid photo ID.
- ☐ Inhaler or CPAP machine, if needed.
- ☐ Glasses and hearing aid, if needed.
- ☐ You should bring a family member or a support person.
- ☐ If you bring a suitcase, leave it with your family member. Your hospital room will be assigned after surgery, and there is no storage in the surgical area.
- ☐ Do NOT bring valuables, such as jewelry, electronic devices or cash.

Arriving at the Hospital

- Free valet parking is available at the Main Entry from 7:30 a.m. to 6 p.m., Monday through Friday.
- Turn right at the first hallway, just inside the Main Entry and take the West Pavilion elevators to the second floor in the West Pavilion. You will find the Surgery Department information desk to your right.
- At registration, you will register and pay your out of pocket estimated amount for your procedure. Payment can be made by check, credit card or can be added to your bill.
- Your family will be provided a patient identification number. They will be able to monitor your progress with this number on a status board.

Before Surgery

- Your pre-operative nurse will review your medications and health history and you will sign your surgical consent. An IV will be started to administer medicines.
- You will meet with your anesthesia team to answer any questions and finalize your anesthetic plan.
- Your surgeon will meet with you again to review your surgical plan and will mark the surgical site.

During Surgery

- Your surgical team will take excellent care of you. Specially trained nurses and an anesthesiologist will monitor your breathing, heart rate and blood pressure, and other vital signs throughout your surgery.
- Your family may be updated as needed via the status board.

Wong-Baker FACES® Pain Rating Scale



After Surgery

When you wake up from anesthesia, you may experience some pain and/or discomfort. This is normal.

You will need to stay in the recovery room where you will be cared for by specially trained nurses until your vital signs are stable and you are ready to move to your room or go home.

It is important to make sure your pain is well-controlled. You will be asked to rate your pain on a scale of 0 to 10.

Your surgical team will give you medication to help manage your pain.

This may include:

- Over-the-counter pain reliever such as Tylenol®, Motrin®, Advil®, Aleve®.
- Narcotic pain reliever.

When your recovery room team feels that you are able to move to your room, or you are ready to go home, your team will notify your family or contact person.

Family members are allowed in the outpatient recovery area but not in the main recovery area.

You may experience nausea as a side effect of surgery and/or anesthesia.

- Only eat small meals if you are hungry.
- Sit upright while eating, eat slowly and chew well.
- Avoid hot, spicy or greasy foods that can increase nausea.

Outpatient Guide

- ☐ You need a responsible adult to accompany you home and stay with you for the first 24 hours. By hospital policy, we cannot discharge you to go home by public transportation, including a taxi or rideshare.
- ☐ Follow your discharge instructions regarding wound care and activity.
- ☐ Take your medicines as instructed.

Recovering at the Hospital

Pain medicines will be administered to help decrease pain.

Pain medications are NOT scheduled. Pain medicines are given only when you ask for them. This is different from the other medications that you may be taking, which are on a schedule. Talk with your nurse if your pain isn't getting better or you are experiencing a new type of pain.

Taking Care of Yourself in the Hospital

Get out of bed

- Start moving right after your surgery.
- Do not be afraid to move in bed or cough.
- A pillow can be used to cushion your incisions when you cough or move around.
- Spend as much time out of bed as possible.
- Sit in a chair for all meals.

Walking

- Ask for assistance from the nursing staff the first time you get up after surgery.
- Walking will help reduce your risk of breathing-related illnesses or developing a blood clot, and will help facilitate return of bowel function.
- Walk at least four times a day in the hallway.

Breathing exercises

- An incentive spirometer (IS) is provided in your room. The small exercises you do with this device will help prevent breathing related illnesses, such as pneumonia, after surgery.
- Use your IS four times per hour about 10 breaths per use while you are awake.

Nutrition and hydration

- After surgery you will be offered clear liquids and your diet will be advanced as tolerated.
- Sip on liquids and eat small portions of the food. You are not expected to eat regular size meals.
- Stop eating if you feel nauseated, tightness in your belly, or you are belching frequently.





Taking Care of Yourself in the Hospital *(continued)*

Bathing

- You will shower daily with soap or have sponge baths.
- Before your surgical dressing is removed you may take a sponge bath.
- Unless told otherwise, after two days you can get your incision wet.

Wound care

- Your surgical dressing should be clean and dry. Tell your nurse if the dressing is soiled or wet.
- Your surgical dressing will be removed two days after your surgery.
- Your incision may be left open to air.

Blood clots

If you've been resting in bed for a long time, you may develop a blood clot, and this can be very dangerous to your health. Call your nurse or APP if you have any of the following symptoms:

- Swelling, pain, warmth or redness in the calf or thigh.
- A temperature above 101° F.
- Pain in the legs when walking.

How to help prevent blood clots

- Get out of bed and move around as much as you can.
- Move your legs periodically while you are sitting or lying down.
- Do not cross your legs or ankles for long periods of time.
- Additional preventative measures may include compression stockings and a compression device to help keep the blood flowing.

Returning Home

Your doctor and APP will determine when it is safe for you to be discharged from the hospital, as well as where you will recover best, such as at home or at a rehabilitation or skilled nursing facility.

Taking care of yourself at Home

Nutrition

- It is normal for foods not to taste good and for you to have a reduced appetite.
- Some crampy abdominal discomfort is normal. Walking can help decrease cramping.
- Eat small, frequent meals.
- Boost®, Ensure® and Carnation® Instant Breakfast® can be used to supplement calories and protein.

Hydration

- Drink six to eight glasses of water or other non-caffeinated drinks daily.
- Sugar/sugar substitutes can cause diarrhea.
- Gatorade® and Powerade® sports drinks should be diluted with water. (For example one cup of Gatorade® mixed with one cup of water.)

How to prevent blood clots

Don't smoke!

- Get out of bed and move around as much as you can.
- Move your legs periodically while you are sitting or lying down, and do not cross your legs or ankles for long periods of time.
- Additional preventative measures may include anti-embolism stockings and a compression device to help keep the blood flowing.
- When traveling, try to stand and walk or stretch every one to two hours.



Taking care of yourself at Home *(continued)*

Wound care

- Look at your incision daily.
- Incisions may get wet, and you should shower daily.
- Your dressing should be changed daily or if it is wet or soiled.
- You may leave your incision uncovered if it is not draining.
- If your incision is red, warm or has foul smelling drainage, call your surgeon's office.

Bathing

- Shower or sponge bathe with soap daily.
- Your incision may get wet, unless you are told otherwise.
- Let the soap and water run over your incision, rinse with clean water and pat dry.
- Do not scrub your incision.

Activities

- Do not drive while taking narcotic pain medications.
- Do not lift more than 10 pounds.
- Increase activity as tolerated.
- Walk 20 minutes daily as tolerated.
- Allow for rest and naps as necessary. It is normal to move at a slower pace during recovery.

Bowel Function

Your bowel function may be irregular, and you may experience constipation following surgery.

- Narcotic pain medication can cause constipation. You may take a stool softener if you are taking narcotic pain medication.
- Dehydration and a low fiber diet may cause constipation. Be sure to drink six to eight glasses of water daily. We recommend 25-30 grams of fiber daily. A fiber supplement, such as Metamucil®, may also be useful. Talk to your APP or Surgeon.





When to Call Your Advanced Practice Provider (APP)

If you have questions or an unexpected issue arises, please contact your APP, who can help address the issue, advise on immediate action or arrange follow-up care with your surgeon, if needed.

Please call if you:

- Experience severe pain that does not get better with medication.
- Develop a fever above 101.5° F.
- Experience persistent nausea or vomiting.
- Experience uncontrolled diarrhea or more than 10 bowel movements in 24 hours.
- Are unable to urinate after eight hours.
- Have a surgical site that is red, warm or has foul smelling drainage.
- Have bright red blood from the incision; a small amount of bleeding may be normal.
- Experience dizziness, light-headedness or extreme fatigue.

Thank you for allowing us to help you with your surgery.

While we recognize that the recovery process can be slow, we are confident that you are on the right path to recovery. Please continue to follow the recommendations of your care team to achieve your best outcome.

Postoperative Goal Checklist

| | DAY OF SURGERY | POST-OP DAY 1 | POST-OP DAY 2 |
|-------------------|--|---|---|
| Breathing | <input type="checkbox"/> Complete Incentive Spirometry 4x/hour-10 breaths per use when awake <input type="checkbox"/> Cough, deep breathe | <input type="checkbox"/> Complete Incentive Spirometry 4x/hour-10 breaths per use when awake <input type="checkbox"/> Cough, deep breathe | <input type="checkbox"/> Complete Incentive Spirometry 4x/hour-10 breaths per use when awake <input type="checkbox"/> Cough, deep breathe |
| Nutrition | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Clear liquids Advance to regular diet | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Chew gum (15min.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Ensure Surgical Regular or special diet <input type="checkbox"/> Breakfast in chair <input type="checkbox"/> Lunch in chair <input type="checkbox"/> Dinner in chair | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Chew gum (15min.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Ensure Surgical Regular or special diet <input type="checkbox"/> Breakfast in chair <input type="checkbox"/> Lunch in chair <input type="checkbox"/> Dinner in chair |
| Activities | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Get out of bed | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Walk <input type="checkbox"/> Sit in a chair for at least 4 hours <input type="checkbox"/> Sponge bath or shower | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Walk <input type="checkbox"/> Sit in a chair for at least 6 hours <input type="checkbox"/> Sponge bath or shower |
| Pain | Pain Level Less than 6 out of 10 | Pain Level Less than 4 out of 10 <i>A patient can often switch to oral pain medications on this day.</i> | Pain Level Less than 4 out of 10 <i>You may be ready to switch to oral pain medication.</i> |

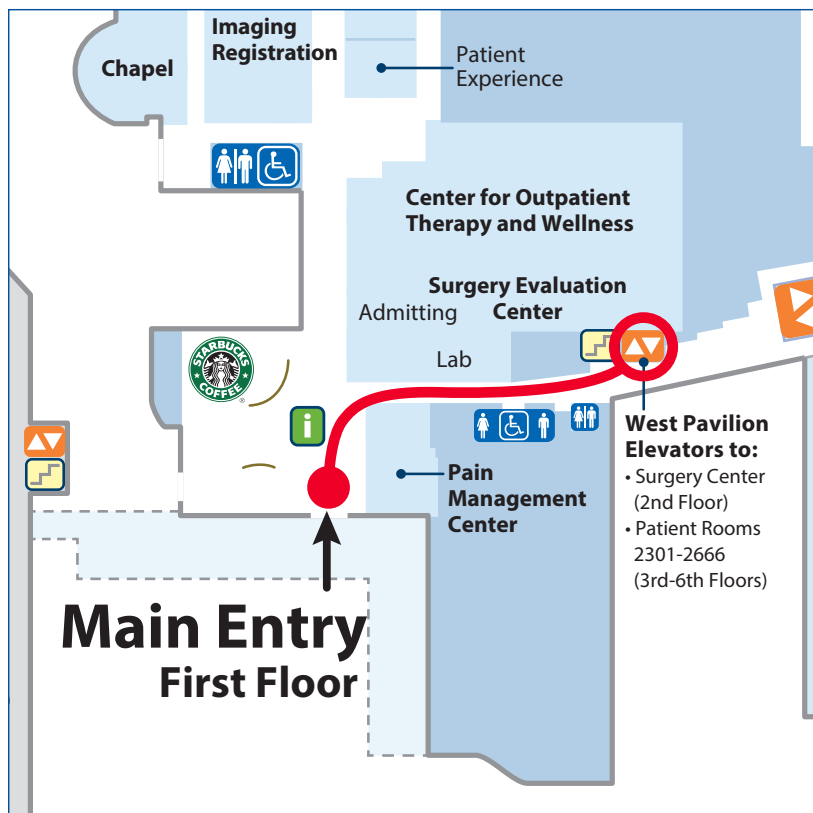
| POST-OP DAY 3 | POST-OP DAY 4 | POST-OP DAY 5 |
|---|---|---|
| <input type="checkbox"/> Complete Incentive Spirometry 4x/hour-10 breaths per use when awake <input type="checkbox"/> Cough, deep breathe | <input type="checkbox"/> Complete Incentive Spirometry 4x/hour-10 breaths per use when awake <input type="checkbox"/> Cough, deep breathe | <input type="checkbox"/> Complete Incentive Spirometry 4x/hour-10 breaths per use when awake <input type="checkbox"/> Cough, deep breathe |
| <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Chew gum (15min.) <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Ensure Surgical Regular or special diet <input type="checkbox"/> Breakfast in chair <input type="checkbox"/> Lunch in chair <input type="checkbox"/> Dinner in chair | <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Chew gum (15min.) <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Ensure Surgical Regular or special diet <input type="checkbox"/> Breakfast in chair <input type="checkbox"/> Lunch in chair <input type="checkbox"/> Dinner in chair | <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Chew gum (15min.) <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Ensure Surgical Regular or special diet <input type="checkbox"/> Breakfast in chair <input type="checkbox"/> Lunch in chair <input type="checkbox"/> Dinner in chair |
| <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Walk <input type="checkbox"/> Sit in a chair for at least 6 hours <input type="checkbox"/> Sponge bath or shower | <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Walk <input type="checkbox"/> Sit in a chair for at least 6 hours <input type="checkbox"/> Sponge bath or shower | <div> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> Walk <input type="checkbox"/> Sit in a chair for at least 6 hours <input type="checkbox"/> Sponge bath or shower |
| Pain Level Less than 4 out of 10 | Pain Level Less than 4 out of 10 | Pain Level Less than 4 out of 10 |

Maps



Campus Map

Use the main entrance to the hospital off Ballas Road. Proceed to the Main hospital entrance where there is free valet parking.



Surgery Department Map

When you enter the hospital, turn right at the first hallway and proceed to the West Pavilion elevators. Take the elevator to the second floor and you are there.

Missouri Baptist Medical Center



For a referral to a Missouri Baptist Medical Center physician, or for more information about our Community Education Programs, please call **314-996-LIFE (314-996-5433)** or **1-800-392-0936** or visit our website **MissouriBaptist.org**.

Missouri Baptist Medical Center



Missouri Baptist Medical Center
3015 North Ballas Road | St. Louis, Missouri 63131
314-996-5000 | MissouriBaptist.org

Missouri Baptist Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposicion sin costo. Llame al 314-568-6682 (TTY: 1-800-735-2966).

注意：免费提供语言协助服务，如有需要敬请致电 314-568-6682 (TTY: 1-800-735-2966)。