



## Enhanced Recovery After Surgery Protocol

**\*\*PLEASE PRINT AND BRING THIS SHEET WITH YOU TO YOUR PRE-OP APPT WITH DR. LIZARDO\*\***

### **2 WEEKS PRIOR TO SURGERY**

For patients on **weight loss medications** of any kind, Please **STOP** taking them 2 weeks prior to your surgery and consume only clear liquids for **24 hours** before surgery.

### **DAY BEFORE SURGERY**

**DO NOT** consume any alcohol 24 hours prior to surgery.

At lunchtime drink 8 oz of Prune Juice with whatever meal you have. It is ok to eat a regular diet – keep drinking one serving a day until bowel movements are normal (this will help prevent constipation which is common after surgery).

#### **Colon Preparation:**

The day before your procedure, drink 5 oz of Magnesium Citrate with lunch and 5 oz of Mag Citrate with dinner. Please drink 16oz of liquid with electrolytes (Gatorade, Pedialyte, Coconut water) – any color but red

- **What to Expect:**
  - Expect to have frequent bowel movements and diarrhea within 1 – 4 hours
  - Remain near a restroom
  - Expect to pass clear or yellow fluid at the completion of your prep
- **Tips and Tricks:**
  - The bowel preparation will give you diarrhea and may irritate your anus, please consider using Desitin, Anusol, Tucks pads, or Vaseline

### **DINNER**

Soft diet (mashed potatoes/pureed foods) or liquids (soups of any kind) Jell-O or pudding for dessert.

### **AFTER DINNER**

28 oz Gatorade, any sports drink or Pedialyte (any color but red) or Coconut water

If you normally shower at night purchase **Hibiclens** antiseptic soap to wash your abdomen and your belly button. Do not use to clean the inside of your vagina.

Do not shave.

If you have any piercings in your belly button or in your vaginal area, please remove them.

DO NOT apply lotion to your skin above your knees the night before or the day of surgery, including your face.

## **DAY OF SURGERY**

If you normally shower in the AM, use the Hibiclens antiseptic soap to wash your abdomen and your belly button. Do not use to clean the inside of your vagina.

Before leaving the house the day of surgery, take one Celebrex (200mg) and Gabapentin (300mg) with sips of water.

DO NOT EAT ANYTHING THE DAY OF SURGERY, OR ELSE YOUR CASE MIGHT BE CANCELLED

## **AT HOME AFTER SURGERY**

Over the counter Tylenol extra strength 500mg 2 tabs every 6 hours around the clock for 48 hrs post-surgery. Prescription Ibuprofen 800mg 1 tab 3 times a day for 48 hrs post-surgery - Take the first dose of both medications above as soon as you get home.

Take Oxycodone only as needed (for lower pelvic pain).

Right shoulder pain is common from gas during laparoscopic surgery – taking deep breaths helps relieve this (oxycodone will not help).

Upper abdominal pain is often from intestinal gas pain – taking over the counter Gas – X can help relieve this (oxycodone will make this worse).

First meal after surgery should be similar consistency to was eaten for dinner the day before surgery – soft/ liquid diet (remember to continue drinking one serving of prune juice each day until you are having regular bowel movements)

When NOT eating - chew gum (this helps to wake up your stomach)

Walk 10-15 minutes 6-7 times at least

It is ok to apply ice to your incisions at intervals of 15 mins on and then 30 mins off 5-6 times.

## **NEXT DAY**

Regular diet and continue daily prune juice until having regular bowel movements.

Continue taking the Ibuprofen and Tylenol around the clock and only take the oxycodone as needed.

Showering is OK. There is sterile glue covering your incisions, so it is ok to get them wet with regular soap and water. There is no need to scrub your incisions. Pat them dry afterwards.

Continue to increase your activity as tolerated each day but no heavy lifting (more than 25lbs) for at least 4 weeks.

No vaginal intercourse until you have been cleared to do so.

Call the on-call physician at **301-897-9817** with any after-hours questions/concerns or urgent/emergent issues.