

Pre-Op showering Instructions:

- ▶ Beginning three days before surgery you will take a daily shower as usual.
 - ▷ Use your regular soaps/shampoos, then rinse off completely.
 - ▷ Pour enough of the Chlorhexidine Gluconate (CHG) onto a CLEAN washcloth to build a lather.
 - ▷ Step out of the stream of water (or turn the water off) and gently wash your surgical site for 60 seconds.
 - ▷ Rinse the CHG off completely. Dry off with a clean towel and put on clean clothes.
- ▶ Repeat the above process the following day (2 days before surgery)
- ▶ The night before surgery shower using your regular shampoos and rinse completely.
 - ▷ Use antibacterial soap (Dial, Lever 2000, Safeguard, etc.) to wash your body.
 - ▷ Use the CHG solution on a CLEAN washcloth.
 - ▷ Dry off with a clean towel, put on clean pajamas.
 - ▷ Sleep in a bed with freshly laundered sheets.
 - ▷ If you share the bed with someone, they will need to shower with antibacterial soap, dry off with a clean towel and wear clean pajamas to bed.
- ▶ No pets in or on the bed the night before surgery (and for at least two weeks after surgery).
- ▶ Do not apply any makeup, mascara, creams, powders, perfumes, deodorant, lotions or aftershave lotion the day of surgery.

Showering dates:

- ▶ Day 3 before surgery _____
- ▶ Day 2 before surgery _____
- ▶ Night before surgery _____

ITEMS NEEDED FOR YOUR UPCOMING SURGERY

Please make sure you have the following supplies prior to surgery

- ☐ Skin prep supplies- You can either purchase these items at a drugstore or pick up a skin prep kit free of charge from Oregon Surgical Institute
 - Chlorhexidine gluconate (Hibiclens) ~4oz
 - Bar of antibacterial soap (Dial, Lever 200, Safeguard, etc.)
- ☐ Electrolyte drink
 - Six- 20 oz electrolyte drink (Gatorade, Powerade, Liquid IV, etc)
 - If diabetic- please choose a sugar-free option
- ☐ 2-wheel walker
- ☐ Ice
 - You can use ice packs, gel packs, frozen peas, ice machine, etc.
- ☐ Medications to pick up for **after** surgery: (Generic brands are fine)
 - Narcotic pain medication- prescribed by your surgeon's office
 - Extra Strength Tylenol (acetaminophen) 500 mg
 - Low dose 81 mg Aspirin- unless instructed otherwise for blood clot prevention
- after** surgery
 - Recommend enteric coated
- Miralax
- You may be instructed to take an anti-inflammatory **after surgery**, such as Aleve (Naproxen) or Advil (Ibuprofen).



Prevention and Management of Constipation

Constipation is a common problem associated with the use of narcotic pain medications, dehydration, and lack of activity. Prevention is key to constipation management!

Basic Care (Prevention):

1. Stay well hydrated (drink 6-8 8ounce glasses of water a day).
2. Eat a high fiber diet. Fruits and especially vegetables are very important. Grains such as bran fiber or whole wheat or oats can be helpful. Aim for 15-30 grams of dietary fiber per day.
3. Walk 5-10 minutes every hour during the day while you are awake.
4. Limit narcotic use as tolerated.
5. Take Miralax (polyethylene glycol) 17gm (1 cap full) twice daily.
 - a. If you are having normal bowel movements, decrease Miralax to 17gm daily.
 - b. If you are having loose stools or diarrhea, do not take the Miralax and reevaluate as needed.

Relief of Constipation (Management):

If you have not had a bowel movement by the third day after surgery: there are several ways to deal with it, such as prune juice, dried fruits, etc. If something more is needed, a dose or two of **Milk of Magnesia** may work (follow dosing instructions on label).

If you have not had a bowel movement by the fourth or fifth day after surgery please follow the instructions below. We recommend starting this process in the morning.

Items Needed: **1 quart of Gatorade, 7 doses of Miralax** and **2 Dulcolax** 5mg tablets (laxative)

1. Mix half of the Miralax in the quart of Gatorade.
2. Take 2 Dulcolax 5mg tablets
3. Wait 30 minutes, then start drinking the Gatorade/Miralax mixture. Drink 1 glassful every 20 minutes until gone.
4. If constipation continues, you may repeat this combination again the following day. Remember, this may cause dehydration due to diarrhea, so drink fluids as needed.

If you have completed all of the above recommendations and you still have not had a bowel movement, please contact your surgeon.