

Surgical Team Approach to Advanced Recovery Pre- and Post-Operative Instructions For Your Cesarean Section Delivery

PRE-OP INSTRUCTIONS (*Follow your physician's orders if they differ from those below*)

4 WEEKS before surgery

- Being active helps prepare your body for surgery, and will help with your recovery. Walking for up to 30 minutes per day may be helpful, unless your care provider has instructed you differently. After your delivery, the nursing care team will have you walking the same day to help you recover.
- If you are still smoking, smoking should absolutely be discontinued at this time.
- **Download the Twistle App to your smart phone**

3 WEEKS before surgery

- Pre-register with us online, if you have not done so already.
Advocatehealth.com/luth-familybirthingcenter. Questions: please call 847-723-7737
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https://www.healthnautica.com/eExchange/ADV_OB/login.asp?EntityID=8&purpose=OB GYN.

- There are some things you will need for the day before your surgery for bathing and nutrition that will help with your recovery. It is important so you are ready and plan to have them before your surgery date.
 1. **Nutrition High Carbohydrate Drink – *Ensure Pre-surgery*: This bottle will be picked up at the time of your blood work 1-2 days before your planned delivery date. *If you have diabetes, do NOT pick up this beverage.***
 2. **Chlorhexidine Gluconate (Hibiclens) 8 oz bottle, available at most pharmacies. Plan to purchase this cleanser to have before your surgery date.**



#1 Nutrition Drink



#2 Skin Cleanser

1 WEEK before surgery

- **Blood thinners:** (such as Aspirin, Heparin, Lovenox) and other medications: Contact your provider regarding a stop date for these medications.

1-2 DAYS before surgery

- Your care provider has ordered blood work that needs to be drawn before surgery. It is very important that the test is done within the 1-2 days before your surgery.
- Bring your prescription to ACL Outpatient Labs in the Center for Advanced Care Building at Advocate Lutheran General Campus on Luther Lane.
- The nutrition drink for the day of surgery will be picked up at the same place. At the time of your lab draw registration, please ask for one bottle of the Ensure Pre-Surgery Drink. This will be used on the morning of your scheduled cesarean delivery.
- If you have diabetes, do not pick up this nutrition drink.
- *Advocate Lutheran General Center for Advanced Care.*
 - 1700 Luther Lane Suite 1260
 - MON thru FRU: 6:30am-7pm
 - SAT: 6:30am-3pm
 - NO APPOINTMENT NEEDED
 - Bring your prescription from your provider.

1 DAY before surgery

- **If you develop a cold, sore throat, fever** or any other illness before your procedure notify your surgeon immediately.

NIGHT before surgery

- Shower with Hibiclens
 - Wash your entire body first with your regular soap and shampoo your hair.
 - Rinse well and turn off the shower water.
 - Apply **Chlorhexidine Gluconate** (brand name: Hibiclens) to your entire body from the neck down *avoiding contact with your face and genital areas*. **If you are allergic to Chlorhexidine**, shower with an antibacterial soap such as Dial.
 - Wash gently with the Chlorhexidine Gluconate for 1 minute and then rinse your body well.
 - Use caution in the tub or shower as the soap can make the surface slippery.
 - Pat dry with a fresh, clean towel and dress in clean clothes. Sleep in newly changed sheets.
- Starting at midnight the night before surgery, do NOT eat any foods or drink anything other than water. Follow physician instructions about taking any other medications you usually take.

THE MORNING of Surgery

- Shower with Hibiclens (you do not need to rewash your hair).
- Three hours before your scheduled surgery start time, drink the 10 oz bottle of Ensure Pre- Surgery.
- If you are Diabetic, drink 10 oz of water INSTEAD of the Ensure Pre-Surgery Drink
- You must stop drinking the water or Ensure 3 hours before your scheduled surgery to avoid a cancellation or delay of surgery.
- You may not have any more food or liquids after this time, including chewing gum or hard candy. These may also cause a cancellation or delay of surgery.
- Plan to arrive at the hospital 2 hours prior to the scheduled surgery time.

WHAT to bring to the hospital

- Insurance card and photo ID.
- Chewing gum to begin chewing after surgery to help stimulate your bowels.
- **CPAP/BiPAP:** Bring this to the hospital if you use this during sleep.
- **Glasses, hearing aids, dentures, or other assistive devices:** Bring items with you to the hospital if you rely on them. They will be given to your family to hold for you when you go to surgery.
- DO NOT bring valuables or jewelry.

ARRIVAL at the Hospital

When you arrive 2 hours before your appointment:

- Park in the garage that is attached to the hospital.
- When you enter the hospital ask to be directed to elevator B. Take the B elevators to the 3rd floor. Turn right and walk up the ramp to the Labor and Delivery unit. The unit is locked, please ring the doorbell. Proceed through the double doors to the front desk and register.

EXPECTATIONS FOLLOWING SURGERY

OUR GOAL IS TO HAVE YOU READY TO GO HOME 2 DAYS AFTER YOUR SURGERY: AS SOON AS BOTH YOU AND YOUR BABY MEET CRITERIA FOR DISCHARGE.

DAY of Surgery

- You will be assisted to dangle at the bedside by 6 hours after your surgery.
- A staff member will help you get out of bed and assist you up to walk within 6-8 hours after surgery.
- By being out of bed in a more upright position and by walking regularly, your breathing is improved and there is less chance of you developing a chest infection or clots in your legs and your bowel function recovers faster.
- Use your incentive spirometer 10 times every hour that you are awake
- Your bladder catheter will be removed 8-12 hours after surgery. A staff member will assist you to the bathroom for the first few trips to the bathroom.
- When you feel ready, you can eat a regular diet. Start slow!
- You will receive IV pain meds (Toradol) for the first 24 hours.

DAY AFTER SURGERY

- You will be on a regular diet and sitting up in a chair for your meals.
- Your activity will be encouraged and recommended to be out of bed more than 8 hours a day and walking with assistance as needed in the along the unit hallway and back 4 times.
- You will receive oral pain medications (pain pills): acetaminophen and ibuprofen every 6-8 hours to ensure that you are as comfortable as possible.
- Please remember you will likely experience some degree of pain. This is very common and normal to experience discomfort. It will not be possible to eliminate ALL your pain. However, we will help make you comfortable. Your nurse will work with you and your physician to manage your pain.
- Pain is not only managed by medicine but also through other forms of pain management:
 - Deep breathing/meditation
 - Music
 - Ice (also helps to reduce inflammation)

EXPECTATIONS FOR HOME

- You will be sore after discharge and may need to take pain medications and other medications as prescribed.
- Having a family member or friend assist you at home as you recover is helpful.
- You will be able to reach your care provider's office by phone if you have concerns during recovery.
- Make sure to arrange and attend your follow up appointments with your provider.
- Twistle App reminders will check in on your pain and healing at home.

