







MY ENHANCED RECOVERY CALENDAR









Follow these steps before and after your surgery to recover safely and quickly. Please bring this with you to the hospital.

	Day before surgery	Day of surgery	During your hospital stay	After discharge
Medications & Pain Management 	<input type="checkbox"/> Carefully follow medication instructions and changes.	<input type="checkbox"/> Carefully follow medication instructions and changes.	<input type="checkbox"/> Use oral pain medicine as needed. <input type="checkbox"/> Ease pain with kp.org/easepainpodcast .	<input type="checkbox"/> Taper from oral pain medicine. <input type="checkbox"/> Ease pain with kp.org/easepainpodcast .
Activity 	<input type="checkbox"/> Continue daily exercise. <input type="checkbox"/> Relax with kp.org/surgerypodcast . <input type="checkbox"/> Practice your incentive spirometer.	<input type="checkbox"/> Check in for surgery.	<input type="checkbox"/> Walk in the hallway at least 4 times a day. <input type="checkbox"/> Use your incentive spirometer 10 times/hour while awake.	<input type="checkbox"/> Stay active by going for 30-minute walks outside twice a day. <input type="checkbox"/> Use your incentive spirometer 10 times/hour for one week.
Eating & Drinking 	<input type="checkbox"/> Do not eat any food 8 hours before your scheduled arrival time. <input type="checkbox"/> You may drink clear liquids after midnight.	<input type="checkbox"/> You may drink clear liquids up until 2 hours before your scheduled arrival time. <input type="checkbox"/> Drink 8 ounces of carbohydrate drink (Gatorade or apple juice) 2 hours before your scheduled arrival time. Finish drinking it within 15 minutes. Do not drink anything else.	<input type="checkbox"/> Follow the diet instructions from your surgeon.	<input type="checkbox"/> Follow the diet instructions from your surgeon. <input type="checkbox"/> Bowel function will often not fully recover until after you are discharged.
Tobacco 	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.
Mouth & Skin Care 	<input type="checkbox"/> Do not shave. <input type="checkbox"/> The night before surgery: Shower or bathe, and wash hair and use skin preparation (soap or wipes) as directed.	<input type="checkbox"/> Use skin preparation as directed. <input type="checkbox"/> Do not shave. <input type="checkbox"/> Use chlorhexidine mouthwash as directed by your surgeon to help prevent pneumonia.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Use chlorhexidine mouthwash as directed by your surgeon to help prevent pneumonia.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Follow incision care instructions. <input type="checkbox"/> You may shower, but don't take a bath or use a hot tub.
Other Steps & Treatments 	<input type="checkbox"/> Plan ahead for help at home after surgery. <input type="checkbox"/> Check your kp.org email or your phone for a message with check in time, medication instructions and other important information. <input type="checkbox"/> Watch the video at kpdoc.org/incentivespirometervideo .			<input type="checkbox"/> Call the surgery team for questions or advice at 1-844-398-2273 (toll free) or Regional Advice at 1-800-813-2000.

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	4 weeks before surgery	2 weeks before surgery	1 week before surgery
Medications & Pain Management 		<input type="checkbox"/> Carefully follow any medication instructions and changes.	<input type="checkbox"/> Carefully follow any medication instructions and changes.
Activity 	<input type="checkbox"/> Be active every day – it helps you recover from surgery easier. <input type="checkbox"/> Lose weight, if your doctor advises – it can help you avoid risks during surgery and recover easier. <input type="checkbox"/> Relax with kp.org/surgerypodcast .	<input type="checkbox"/> Continue daily exercise. <input type="checkbox"/> Lose weight, if your doctor advises. <input type="checkbox"/> Relax with kp.org/surgerypodcast .	<input type="checkbox"/> Continue daily exercise. <input type="checkbox"/> Lose weight, if your doctor advises. <input type="checkbox"/> Relax with kp.org/surgerypodcast .
Eating & Drinking 	<input type="checkbox"/> Maintain a regular diet.	<input type="checkbox"/> Maintain a regular diet.	<input type="checkbox"/> Maintain a regular diet.
Tobacco 	<input type="checkbox"/> Tobacco use increases the risk of complications after surgery. <input type="checkbox"/> Talk with your doctor about ways to quit tobacco. <input type="checkbox"/> Contact Health Engagement and Wellness Services at 503-286-6816 or 1-866-301-3866 (toll free), option 2, to register for a class or telephone counseling with a health coach.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.
Mouth & Skin Care 			<input type="checkbox"/> Do not shave or wax your legs, underarms, or the area of your body where we will operate. <input type="checkbox"/> Three (3) nights before surgery: Shower or bathe and wash hair. Use skin soap preparation as directed.
Other Steps & Treatments 	<input type="checkbox"/> Plan ahead for help at home after surgery. <input type="checkbox"/> Schedule an appointment with the Preoperative Medicine Clinic no more than 30 days before your surgery date, if referred by your surgeon.	<input type="checkbox"/> Plan ahead for help at home after surgery. <input type="checkbox"/> Watch the video at kpdoc.org/incentivespirometervideo . <input type="checkbox"/> Schedule or complete an appointment with the Preoperative Medicine Clinic, if referred by your surgeon.	<input type="checkbox"/> Plan ahead for help at home for 2 weeks after surgery. <input type="checkbox"/> Watch the video at kpdoc.org/incentivespirometervideo . <input type="checkbox"/> Complete an appointment with the Preoperative Medicine Clinic, if referred by your surgeon.