START HERE:
The Surgeon's Office for a Presurgery Meeting



You'll start your PSH journey in the surgeon's office. Your surgeon will set a surgery date and talk with you about how you can best prepare for surgery. When you're as healthy as possible before surgery, you're more likely to have fewer setbacks.

My presurgery appointment is on: _____

KEY STEPS:

- If you smoke, stop. Call 1-800-QUIT-NOW (800-784-8669).
- If you have diabetes, talk with your doctor about a diet for the best blood sugar control.
- Tell your doctor about any over-the-counter supplements you're taking, like vitamins and herbal supplements, as well as recreational drugs, medical marijuana and CBD.
- Fuel up. Eating a healthy balanced diet with plenty of protein can help you heal faster after surgery.
- Go sightseeing. Taking a daily walk can help you get in surgery shape!

KEY QUESTIONS TO ASK AT THIS PIT STOP:

- Do I need to go to a class before surgery?
- Can my family stay with me overnight?
- Will I have a roommate in the hospital?
- Will my friends/family be able to pick up prescriptions for me?
- What happens if my surgery doesn't go as planned?
- What foods can I eat or not eat before the surgery?
- How long until I can go back to work?



Trip tip: To help your body prepare for your surgery journey, your team may give you instructions about what to eat or drink. Write your nutrition directions here:

_____

_____

_____

Trip tip: Try to be as healthy as possible before surgery. This will help you have better outcomes after surgery.

PSH STOP 2:
Preadmission Testing (PAT)



One to three weeks before surgery, you'll have tests that you'll need to make sure you're healthy for surgery. These may include blood tests and an electrocardiogram (EKG) to check for signs of heart disease.

My PAT appointment is scheduled for: _____

1-5 hours

Trip tip: Set aside one to five hours for this appointment because there's lots to do and see. Your tests may involve several appointments. These appointments may also include planning for your trip home after surgery. Travel alone or bring someone with you for support, such as family.

KEY QUESTIONS TO ASK AT THIS PIT STOP:

- Who can I talk to about my insurance and what it will cover?
- How do I get to and from appointments? Will I be able to drive?
- I take these other medications. Can I keep taking them?
- Do I need to do anything with my diet before this appointment?
- Is it safe to exercise before and after surgery?
- Can my family or another care partner come to this appointment with me?
- What are visiting hours?
- Will you send an update to my family doctor or other specialists I'm seeing?



Trip tip: Ask your team about an advance directive. It's a written statement of your wishes regarding medical treatment. Having an advance directive before surgery can help your team and loved ones carry out your wishes if you become unable to talk or write. This is your journey. An advance directive can help everyone stay on course.

Trip tip: 65 or older? You may be asked to take a Mini-Cog test. It's a quick, 3-minute quiz that can help your PSH team check your brain health.

PSH STOP 3:
The Hospital for Surgery



Today is the day you arrive for surgery. Your team will be busy getting you ready for the operating room. Meanwhile, you can expect to:

- Sign a consent form, which gives the team permission to take care of you.
- Take some pills to help lessen the amount of pain medicine you will need later.
- See your family and, if you'd like, a pastor, rabbi or spiritual advisor.
- Have a chance to go to the bathroom.

My surgery day is scheduled for: _____

Telephone number to call for my surgery arrival time: _____

Your Anesthesia Team

Your physician anesthesiologist and specially trained anesthesia nurse will keep you safe and comfortable during surgery. You may receive medicine to numb the area where you're having surgery and/or an injection (shot) in your back. You will stay cozy with a special blanket that blows warm air.

KEY QUESTIONS TO ASK AT THIS PIT STOP:

- What can I expect to happen during and after surgery?
- How long will surgery take? If it takes longer than expected, what might that mean?
- Where and when should my family members go during and after surgery?
- What's a recovery room?
- How long will I stay there?
- Will I be in pain? For how long?
- How is pain managed?
- What happens when I get home?
- Other questions I'd like to ask:

_____

_____

_____

_____



PSH STOP 4:
The Anesthesia Care Unit and Recovery Room



After your surgery, you will be taken to the recovery room for about an hour. Sometimes, you might go to the Intensive Care Unit (ICU) if your PSH team feels this is the safest.

When you're coming out of anesthesia, you wake up feeling a little "foggy" and sleepy at first, but you will be fully awake soon. Your heart and breathing will be monitored, and your pain will be managed.

In your recovery room, you will sit up in bed to help with your breathing and get ice chips and clear liquids.

Your PSH team will be managing your pain. Pain may be controlled with pills or other medicine.

Be a Part of Your Recovery

Getting out of bed, starting to take steps and walking are important milestones on your surgery journey. In fact, walking after surgery is the best medicine. It can help you recover more quickly.



Trip tip: The key to your healing is getting active again. As you begin walking, you may feel tired and maybe dizzy at first, but that will improve with time.

Your journey continues on the other side...

PSH STOP 5:
Your Hospital Room, After Surgery



After surgery, you will receive pain medication by mouth. You will be encouraged to get out of bed for all meals and walk at least three times a day in the hallways. You may also be given a handheld device that helps with your breathing, called an incentive spirometer. Use it 10 times every hour while you're awake.

Room Service

If your trip includes an overnight stay, you'll get room service, of course! Your nurse will go over your diet, medicine and supplies. Goals here are eat, drink and use the restroom.

Day 1: What did I eat/drink today? _____

_____

Day 2: What did I eat/drink today? _____

_____

KEY QUESTIONS TO ASK AT THIS PIT STOP:

- When I'm able to go home, what can I do there to help myself get better faster?
- How can I expect to feel at home?
- Who should I contact if I have complications after leaving the hospital?
- What does a recovery timeline look like?
- What kind of support will I need after surgery?
- Will I need home help?
- Will I be able to move like I did before?
- When will I see my doctor next?
- How do I get the medications I need?
- Can I pick up my medications before leaving the hospital and going home?
- When will I be able to bathe? How?
- Other questions I have about recovery:

_____

_____

_____

Trip tip: Sitting in a chair rather than staying in bed during meals is key. It can help you heal faster.

PSH STOP 6:
Home, Rehabilitation Hospital or Skilled Nursing Facility

At this point in your PSH journey, you're in the home stretch but there are many forks in the road. Your discharge plan may include going:

- Straight home
- Home with a home health care team member
- Home and visiting an outpatient rehabilitation center
- To a rehabilitation hospital
- To a skilled nursing facility, which is a short-term care facility (less than 21 days)

Follow Up Appointments

After leaving the hospital, you will meet with your primary care physician and your surgeon for follow-up appointments.

My follow-up appointment with my primary care physician is on:

_____

My follow-up appointment with my surgeon is on:

_____

If I have questions before my next appointment, I can call:

_____



Trip tip: Always keep your follow-up appointments. They're very important to make sure you stay healthy!

LAST PSH STOP:
30 Days after Leaving the Hospital



For the next 30 days, your PSH team will stay in touch. Like seasoned tour guides, they know the landscape well and will make sure you understand discharge instructions—what you need to do to stay healthy, which may include:

- Taking medication
- Managing pain
- Walking and other physical activity
- Eating and drinking certain foods and beverages to enhance your recovery
- Using specific medical equipment
- Bathing and caring for your incision or bandages
- Driving
- When to return to work
- When to call your surgeon's office
- Who to contact with questions or concerns

Your PSH team will make sure you have the appointments you need for follow-up and/or treatment, such as rehabilitation and support as you recover and return to your regular activities.

Congratulations! Your Journey is Over

You have navigated surgery using a patient-centered, team-based system of coordinated care. We hope it made your hospital stay feel like a home away from home.

How was your trip? We welcome your feedback. Let us know about your experience by contacting us at: _____

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Perioperative
Surgical Home™

YOUR SURGERY JOURNEY

Having surgery is like taking a trip: It's a good idea to know where you're going so you can be prepared. During your journey, you'll make many stops along the way to better health.

At [NAME OF LOCATION], we put you in the driver's seat. We offer special surgical care, which we call the Perioperative Surgical Home (PSH).

As a PSH patient, you'll have a team, including surgeons, physician anesthesiologists, hospitalists, nurses, patient navigators, social workers and others. Your PSH team will be working together to provide you with the highest quality care based on the latest science.

The goal of the PSH is to make sure you're as healthy as possible before surgery. Throughout your journey, you'll have opportunities to ask questions. You will learn how to make your trip to surgery smoother so you can recover in the best possible way.

By "sharing the driving" with the PSH team caring for you, you may heal faster and reduce the risk of issues after surgery. You may also get back on track faster and not need as much prescription pain medication, if any.

Are you ready to hit the road? Let's go! Grab a pen to map out the best route on your surgery journey so you get to where you want to be: back home again, on the smooth road to recovery.



Trip tip: Be sure to keep your surgery map handy throughout your journey. Consider it your GPS to good health!

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