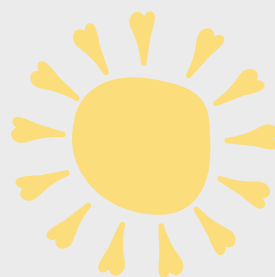
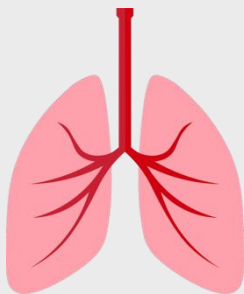


What to expect after surgery:

Continuing what you learned during Prehabilitation!

The information provided in this handbook has been adapted from the Montreal General Hospital (MGH) Prehabilitation Clinic



The ADAPT-OC Prehabilitation Trial

This study has received ethical approval from the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board (HSREB)

Helpful tips

Plan ahead! *Surgery takes a toll on the mind and body. Preparing your fridge and pantry ahead of your surgery will alleviate some burden when you arrive home.*

- Stock your fridge and freezer with foods that are easy to reheat.
- Stock up on protein powder and oral nutritional supplements like protein shakes.
- Bring meals and snacks that you like from home to the hospital.
- Consider using online grocery delivery services.
- Use ready-made goods like pre-washed and cut produce.

Make every bite count! *Following your surgery, you might notice that you have a lower appetite.*

- Liquids may be better tolerated than solid foods. When at the hospital, don't be shy to request nutritional supplements!
- Eat smaller meals more often.
- Prioritize protein rich foods on your plate (e.g. eat the meat first!).
- Try to drink liquids 30min before or 30min after your meals to prevent feeling full too quickly.
- Have ready-to-eat, high energy and protein foods on hand (e.g. Greek yogurt, pudding, granola or protein bars, cheese or peanut butter and crackers, nuts and seeds or trail mix).

Managing Pain:

- Don't be shy to alert your nurse if your pain is difficult to withstand, as managing your pain will help you breathe better, move better, sleep better, eat better, and overall, recover faster!

Managing Constipation:

- Limited activity and pain medications can cause constipation.
- Prioritize relaxing activities like breathing exercises.
- Create a routine that includes making time to go to the bathroom.
- Try natural laxatives like prunes, prune juice, rhubarb, or papaya.
- ***If you are still having issues, discuss the addition of a laxative with your healthcare team.***

Exercising in the hospital

What exercise can I do in the hospital?

Discuss the following with your healthcare team and see what you are expected to do after surgery.

Dealing with lines, wires, and tubes: Ask your nurse or physician about the intravenous lines and tubes you may have attached to your body. They will inform you about whether or not these can be disconnected for movement, and how you can deal with them if they have to stay attached.

How to deal with pain:

- Take the pain medicine that you have been prescribed.
- Use a cushion or roll a towel to guard your incision when moving or coughing.

Mobilizing in bed:

- Use buttons beside your bed rail to raise your head or legs.
- Use a towel or cushion to guard your incision and bend your knees so you can roll your body all together without irritating the incisional site.

Getting out of bed:

- You can get out of bed!
- While laying on your back, bend your knees and roll onto your side. Push your legs out of bed first by using your hands to push against the bed. Wait a few minutes before standing.

Walking

- Make sure you are feeling strong enough to move around by yourself.
- If you'd like, you can ask for walking aids from your healthcare team.
- If you are not feeling secure enough to move or walk by yourself, call for help.



What to eat after surgery

**NOTE: Listen to your surgeons' advice. The following info provides general suggestions.
For ideas about nutritious foods to eat, refer to your Prehabilitation Guidebook.*

Good nutrition is an essential part of preparing your body for surgery.

Eating well helps you maintain strength, support your immune system, preserve muscle, and recover more quickly after surgery.

Combining proper nutrition with Prehab exercise ensures your body is in the best possible condition before surgery.



Building Balanced Meals

- Half your plate: fruits and vegetables
- One quarter: whole grains (brown rice, oats, quinoa)
- One quarter: protein-rich foods (meat, fish, eggs, dairy, legumes, or tofu)

Protein: Your Key Nutrient

Protein helps maintain and build muscles, which is especially important when preparing for surgery and participating in exercise. Aim for approximately 1.2 - 1.5g/kg of body weight.

For example, a 150lb (68kg) woman should aim for 81 - 102g of protein per day.

Dairy Products provide energy, high-quality protein, magnesium, potassium, calcium, and vitamin D. These nutrients have an important role in building and maintaining muscles and strength, promoting a healthy immune system, and supporting wound healing.

Quick Tips to Meet Your Protein Needs:

- Aim for 20 to 30 g of protein at each meal
- Include a protein source in snacks
- Have a protein-containing snack or drink after exercise

What to do after returning home from the hospital?

NOTE: Listen to your surgeon's advice and discuss the following with your healthcare team. The following info provides general suggestions.

Week 1

1. Make sure your pain is well controlled, take your pain medication as prescribed.
2. Continue breathing exercises if you received instruction to do so from the hospital.
3. Use a cushion or pillow to guard your incision when coughing.
4. If you can tolerate it, you can start doing light daily activities such as walking around the house, going up and down stairs, cooking etc.
5. Avoid lifting heavy objects, no more than 5-10lbs.

Week 2:

1. If your pain is controlled and stitches are removed, you can increase your activity level such as walking outside for 10-30 min (3 times/wk) at moderate speed (Borg scale 5-6).
2. Start gentle stretching with your arms and legs.
3. Start resistance exercise with an elastic band for minimal repetition.
4. Continue breathing exercises.

Week 3:

1. You can walk outside for more than 30 min at moderate speed (4-5 times/wk).
2. Resistance exercise with an elastic band for moderate repetition (10-15 times/each exercise as tolerated).
3. Continue breathing and stretching exercises.

Week 4:

1. Try to go back to the same activity level you had before your surgery.
2. Unless there is a specific indication from your physician to limit your activity or if your pain is not controlled, there shouldn't be any activity limitations.
3. Listen to your body and continue to increase the level of intensity as tolerated.

Weeks 5-8:

1. Keep up the great work! Continue to move your body.
2. Attend any follow-up clinic appointments at the hospital.
3. If you have any medical issues, call your doctor or visit emergency.