Using the Seminar Setting for Enhanced Preoperative Teaching

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Plastic Surgery Clinic of Northwest Arkansas
Fayetteville, AR
Advantages to Thorough Preoperative Teaching

- Reduces fear and stress for patients and their caregivers
- Improved compliance in following instructions
- Fewer complications
- Lowered divorce rate among breast cancer patients
Prepping the Seminar Setting

● All patients are required to attend and allowed to bring up to 3 caregivers
● Allow Skype or Facetime for caregivers who won’t be in town until surgery
● Seminars held twice a month, always 1-2 weeks before surgery to allow time to put knowledge into action
● Use language patients and caregivers understand
● Send pre-op packet for patients to read prior to the seminar
● Provide clipboard with handouts
● Use props
● Customize to your own practice and patients
Plastic Surgery Clinic
of northwest Arkansas

Preparing to have Anesthesia

It is our desire that your surgery experience be as safe and pleasant as possible.

Please follow the following recommendations to assure this happens.

- Hydrate your body 2 days before surgery i.e. drink water and avoid alcohol and excessive caffeine.
- The night before surgery just before bedtime drink 16 oz. Gatorade
- Do NOT eat anything after midnight
- Before _______ AM drink another 16 oz. Gatorade
- If you normally drink coffee or another caffeine beverage I do want you to drink up to 8 ounces of that clear beverage (absolutely NO cream, creamer, or milk in it!) before _______ AM.

Research has shown if your stomach is empty upon awakening you can drink a clear liquid and the stomach will empty within 2 hours.

Making sure your body is hydrated before beginning anesthesia is helpful in reducing your risk for post op nausea and vomiting, makes starting your IV much easier, the electrolytes in the Gatorade are helpful both during surgery and your recovery, and increases your comfort while waiting for surgery to begin as you will not be thirsty.

Drinking your normal caffeine stops you from waking up after surgery with a headache due to lack of caffeine.

H. Daniel Atwood M.D.

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Time for the Seminar
Plastic Surgery Clinic
of northwest arkansas

CAREGIVER / PATIENT SEMINAR

Breast / Chest Anatomy & Procedure

Activity / Use of Arms

Care of Drains

Nutrition
- High Protein Diet
- Use free app Myfitnesspal to track protein intake
- NVIE Nutrition
- Vitamin C 500 mg 4 times a day

Hospital Stay
Our instructions override instructions you receive there

ABSOLUTELY NO ICE, NO HEAT applied to surgery area! This will cause necrosis of the skin.

2 Hour Routine for Prevention of Complications
- Drink 10 oz. Water/other nonalcoholic beverage to prevent constipation or dehydration
- Constipation - Take Colace twice a day, hot beverages help such as Apple Cider
- Dehydration - Symptoms are Nausea, Headache, Light headed or Dizzy
- Incentive Spirometer to prevent Pneumonia
- Walk every 2 hours and wiggle your feet every 15 minutes to prevent Blood Clot (DVT)

Bra & Dressings
Preventive Antibiotic for all GI and dental procedures. See attached sheet for explanation and a letter for your dentist.

Practice getting in and out of bed and chair you plan to sit in without using your arms.

Medications are usually Percocet for pain, Celebrex to reduce swelling, Phenergan to prevent nausea (if history of post op nausea then Scopolamine patch), Doxycycline to prevent infection and Probiotic to prevent yeast infection (can get it at our office front desk or from the pharmacy but must talk to the pharmacist and request the one that puts back what antibiotic removes and releases in the small intestine.)

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of northwest arkansas

SHOPPING LIST FOR SURGERY

___ Journal (blank book)
___ Pantyliners for dressings

Over the Counter Meds
___ Vitamin C 500mg  ___ Pericolace

Nutrition
___ NVIE for Protein at Bedtime @ Complete Nutrition Store
___ Apple Cider to drink hot to prevent/treat constipation
___ Pomegranate Juice (Pom or Just Pomegranate) for constipation
___ Steele Cut Oatmeal for added fiber for constipation
___ Ginger helps some people with constipation (Asian Salad dressing)
___ Quinoa – protein rich grain for constipation. Can combine with oatmeal
___ Ice Breakers or Eclipse Peppermint Breath mints help with nausea
___ Ginger Ale with real Ginger helps with nausea (Canada Dry)
___ Ginger Snap cookies are better than saltine crackers for nausea.

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Acknowledge Difficulty of this Journey

- **Difficult for patient**
  - It’s only for a season
  - Grieving is normal - Just do it!
  - Fear of dying
  - Journaling is therapeutic physically and emotionally
  - Hard to let others take care of them
    - Wonder Woman Example
  - Discourage micromanagement by patients (however they do it is right)
- **Difficult for caregivers**
  - May feel helpless but their role is crucial
  - Fear of not taking good enough care of patient
  - Divorce can happen when the husband feels helpless, Empower him
Explain What Happens During Surgery

- **Anatomy**
  - Breast tissue removed
  - Skin and fatty tissue heals to top of pec major
  - Scar capsule forms around tissue expander
  - Blood vessels weep tissue fluid bringing oxygen and nutrients to the wound

- **Demonstrate arm movement to participants**
- **Explain fibrous attachments form but are pulled apart if patient moves their arms too much**
- **Arm movement severely limited**
Draains

- Demonstrate how drain works
- How to empty, measure, and record outputs
## Plastic Surgery Clinic of Northwest Arkansas

### POST-OBJECTIVE CARE OF YOUR DRAINS

Drains have been placed in the area where your surgery was done. The purpose of these drains is to carry away excess fluid that would otherwise collect there causing swelling and discomfort. The drains will be removed during a post-operative visit to our office. Until that time you will need to empty and measure the drainage from these drains. Please be very exact in measuring and recording these amounts. When the drains are removed is based on these numbers.

You will need to empty, measure and re-charge your drains 3 times a day. Please record these measurements in the place provided below and on the following sheet.

1. Pull the stopper out of the top of the bulb.
2. Pour the drainage into the measuring cup.
3. Squeeze the drain bulb until fully compressed and replace the stopper in top.
4. Draw the fluid out of the cup using the syringe, record the amount in cc’s or ml’s.
5. Dispose of the fluid into the commode and rinse the cup and syringe.

<table>
<thead>
<tr>
<th>DRAIN #1</th>
<th>DRAIN #2</th>
<th>DRAIN #3</th>
<th>DRAIN #4</th>
<th>Grams of Protein Vit C</th>
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</table>

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Nutrition

- **Important to wound healing**
- **Proteins**
  - Fibrous attachments for wound healing
  - Minimum 120g per day
  - My Fitness Pal app to track intake
  - N-VIE Shake at bedtime for Casein protein
  - Allow food train to choose from list patient compiles
- **Vitamin C**
  - Antioxidant for free radicals
  - Collagen production
  - Water soluble
  - 500mg QID

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### Protein Rich Foods

<table>
<thead>
<tr>
<th>Protein Rich Food</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Protein</th>
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<tbody>
<tr>
<td>Beef</td>
<td>1 oz.</td>
<td>9 grams</td>
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<tr>
<td>Tuna</td>
<td>1 oz.</td>
<td>7.5 grams</td>
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</tr>
<tr>
<td>Chicken</td>
<td>1 oz.</td>
<td>7 grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td>1 oz.</td>
<td>6.5 grams</td>
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<td></td>
</tr>
<tr>
<td>Salmon</td>
<td>1 oz.</td>
<td>5.5 grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>Large</td>
<td>6 grams</td>
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<td></td>
</tr>
<tr>
<td>Papitas (Pumpkin Seeds shelled)</td>
<td>1 cup</td>
<td>4 grams</td>
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</tr>
<tr>
<td>Peanuts Dry Roasted</td>
<td>1 cup</td>
<td>24 grams</td>
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</tr>
<tr>
<td>Beans</td>
<td>1 cup</td>
<td>16 grams</td>
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<tr>
<td>Tofu Firm (If Estrogen Receptor + no soy)</td>
<td>1 cup</td>
<td>21 grams</td>
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<td></td>
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<tr>
<td>Cottage Cheese</td>
<td>1 cup</td>
<td>13 grams</td>
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<td></td>
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<tr>
<td>Greek Yogurt</td>
<td>1 cup</td>
<td>11.5 grams</td>
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</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 gram</td>
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</tr>
<tr>
<td>Fairlife Milk (Lactose Free)</td>
<td>8 oz</td>
<td>13 grams</td>
<td></td>
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<tr>
<td>Halo Top Ice Cream</td>
<td>1 pint</td>
<td>20 grams</td>
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</tr>
<tr>
<td>Quinoa</td>
<td>1 cup</td>
<td>8 grams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N-VIE</td>
<td>1 scoop</td>
<td>23 grams</td>
<td>@ Complete Nutrition</td>
<td></td>
</tr>
<tr>
<td>Maine Roast Protein Coffee</td>
<td>1 serving</td>
<td>21 grams</td>
<td>@ Complete Nutrition</td>
<td></td>
</tr>
<tr>
<td>Whey Liquid Protein</td>
<td>3.8 oz.</td>
<td>42 grams</td>
<td>$2.88 @ Wal Mart</td>
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<tr>
<td>Boost High Protein Shake</td>
<td>8 oz.</td>
<td>15 grams</td>
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<tr>
<td>Ensure Active High Protein</td>
<td>14 oz.</td>
<td>25 grams</td>
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<tr>
<td>Bolthouse Protein Plus (Blend Coffee, Chocolate, Mango, Vanilla bean)</td>
<td>16 oz</td>
<td>90 grams</td>
<td>$2.78</td>
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<tr>
<td>Naked Juice Protein (Greens, Banana Chocolate, Double berry)</td>
<td>15 oz</td>
<td>30 grams</td>
<td>$2.98</td>
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</tbody>
</table>

Goal is minimum of _______ grams of per day (Rockstar healers eat 150 grams per day!)}
Prevention of Complications

- Dressings
  - Bra holds dressings in place
  - Panty liners as dressings
- No ice or heat on breast skin
CONSTIPATION – Prevention & Treatment

You will be taking pain medicine, decreasing your activity and changing your diet. Constipation is almost certain unless you work at preventing it.

GOAL – one soft bowel movement each day

1. Stool Softener twice a day as long as taking pain medicine. (Colace or Periocol)
2. Drink at least 8 oz. of a non-caffeine beverage every 2 hours while awake every day for at least 5 days and longer if still taking pain medication.
3. You may drink beverages with caffeine as long as they are an addition to #2 above.
4. Hot beverages speed up the movement of the digestive tract. Your usual cup of coffee or hot tea is still a good idea. Hot apple cider is often helpful as well.
5. Juices
   - Apple Cider – Easily found at natural food stores all year long. Natural Foods or Whole Foods. Other stores consider it a seasonal Christmas item.
   - Pomegranate – “Purin” or “Just Pomegranate Juice” are actually real pomegranate juice.
   - Prune, Pear, Cherry. Please note these should be pure juice not blends like Ocean Spray.
6. Fruits
   - Prunes contain a natural laxative, sorbitol (caution too many causes diarrhea)
   - Berries, Apricots, Figs, Dates, Raisins, Cherries, Plums, Apples, Pears
7. Fiber: Women normally need 21 – 25 grams of fiber per day. You may need more now.
   - Muesli, Bran fiber, Chia seed. You can even get them as gummies!
   - Steel Cut Oatmeal, Ground Flax Seed. See recipe below
   - Beans, Broccoli, Greens, Avocado, Celery, Cabbage, Bell Peppers, Nuts & Seeds

Steel Cut Oatmeal

1 Cup Steel Cut Oats or may use ¾ cup Oats and ¾ cup Quinoa for added protein
2 Tbsp ground Flaxseed 2 Tbsp Butter ¼ tsp Salt 4 ⅛ Cups Milk
2 tsp Cinnamon, may use more to taste ¾ Cup Brown Sugar, may use more to taste

Using a large sauce pan bring the ingredients to a low boil, stir and then cover with lid and reduce to simmer 25 minutes stirring occasionally. Serve with diced apple, raisins, cranberries and / or another fruit.

Please note: using milk means it can scorch if heat is too high. The milk improves taste and texture.
<table>
<thead>
<tr>
<th>Task</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>Fr</th>
<th>Sat</th>
<th>Sun</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Antibiotic</td>
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<td>With food</td>
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<td>Probiotic</td>
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<td></td>
<td>2 hours after antibiotic</td>
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<td>Vitamin C</td>
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<tr>
<td>Arnica Montana</td>
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<td></td>
<td>5 pelets under tongue</td>
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<tr>
<td>Drink 10oz water</td>
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<td>Record protein</td>
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<td>Pain Med - Demerol</td>
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Medications

- Explain their purpose
- Expected side effects
- Rules

We Prescribe:
- Percocet
- Phenergan
- Scopolamine Patch
- Celebrex
- Doxycycline

Over the counter:
- Probiotic
  - Releases in small intestine
- Arnica Montana 6C
Bacteria naturally live in our mouths and all along our digestive tract. When we have our teeth cleaned or have other dental work, there is usually a disruption of the lining of the mouth or gums and those bacteria get into our bloodstream. If someone has an implanted device such as a breast implant or an artificial joint, the bacteria could attach to the device and cause an infection before the body has a chance to kill it using our natural defense system. It is standard of care for orthopedists to recommend to their patients with artificial joints to take a single dose of an antibiotic prior to all dental and GI procedures.

It is not yet considered standard of care for women with breast implants to take a preventative dose of antibiotic, but some plastic surgeons recommend it. I am one of them. I do so because we have had a reconstruction patient develop an infection around her implant right after dental work and 2 breast augmentation patients developed capsular contracture within 2 weeks after a dental cleaning.

Because of all of the above I recommend you call your dental office and tell them you need to be placed on the list of people who need a preventative dose of an antibiotic prior to your dental appointments. If they ask why, tell them, “I have a prosthetic device inside and my doctor says so.” We do not recommend you tell them you have a breast implant because some dentists don’t consider pre-treatment for breast implant patients as standard of care yet. If they require a letter from your doctor, that is attached.

If you have questions regarding this please don’t hesitate to call my nurse, Candy, at (479) 443-7771.

H. Daniel Atwood M.D.
Advantages for the practice

- More efficient use of nurses time
- Decreased complications
- Decreased postoperative phone calls
- Decreased stress levels in patients
- Increased job satisfaction for nurse by decreasing stress levels
- Increased patient satisfaction
Supporting Studies

- The effects of journaling for women with newly diagnosed breast cancer
  - Department of Psychology, Skidmore College, Saratoga Springs, NY

- Protein intakes are associated with reduced length of stay: a comparison between Enhanced Recovery After Surgery (ERAS) and conventional care after elective colorectal surgery
  - Department of Surgery, University of Calgary, Calgary, Alberta, Canada

- Randomized Controlled Trial of Extended Perioperative Counseling in Enhanced Recovery After Colorectal Surgery
  - Forsmo, Harvard Mjorud M.D., Erichsen, Christian M.D., Ph.D., Rasdal, Anne R.N.

- Holding hands can sync brainwaves and ease pain
  - University of Colorado at Boulder 2018
Comments from Seminar Participants
“I was so pleased with the meeting. The information was invaluable as a caregiver. I can not say how much this helped us with the healing process. I believe my wife healed much better and faster with less pain because of the training and info received.”

husband
“The speech was so important! We would have never made it without it. The caregiver part was the most important. Keep on stressing the fact that this speech will make your life easier and should be mandatory for the caregivers. Thank you for being so thorough.”

patient
“I would have felt completely overwhelmed and more terrified than needed if I had not had the seminar and booklet of information prior to my mom’s surgery. It helped us better prepare so we were not so burdened with planning meals and grocery shopping.”

daughter
Discussion