Dr. N. RAGAVAN. *MS, FRCSEd, MD (Uro-Oncology), FRCS (Urology), PGCTLCP*
Fellow in Laparoscopy and Robotics (Germany)
Adjunct Professor of UroOncology , Dr TN MGR Medical University
Senior Consultant Urologist, Uro –Oncologist & Robotic Surgeon,

NURSING INSTRUCTION SHEET

PRE-OPERATIVE MEASURES:

- As soon as patient gets admitted please inform Duty Urology Registrar
- Incentive Triflowmetery - teach the patient to start doing it pre operatively.
- NBM to maintain from midnight 12 am.
- To provide **Carbolaod drink** 2 sachet 8 hour before surgery and 1 sachet 3 hour before surgery (will not be applicable for diabetic patients)
- Apply Teds Stockings in ward and then shift with Flowtrons to OT (If being asked)

POST-OPERATIVE MEASURES:

- Advise and Motivate patient to sit in Bed / Chair if willing after 4-6 hrs of surgery.
- Oral to resume after 6 hrs of surgery and proceed to Normal Diet as soon as possible.
- From Post-Operative Day 1 , ask the patient to Ambulate out of bed – No need to wait for Doctors rounds.
- Inj Clexane 40 mg SC from the night of surgery (please check before start)
- Advise patient to do following **EVERY HOUR** - maintain a chart for it
  - **WALK FOR 10 MINUTES**
  - **TRIFLOWMETERY BREATHING EXERCISE AT LEAST 10 TIMES**
  - **ONE CUP OF DRINK** – Water/Tea/Coffee/Juice/Soup etc. (except one who have undergone bowel surgery)
- Flowtron boots to be removed once ambulated and Teds stockings to be removed for 2 hours every day.
- Please ask patient attenders to bring some **CHEWING GUMS** for patient, and ask patient to chew it through the duration in hospital - 3 in a day would suffice.
- **Pentasure 2.0 drink** (mixed in normal water) – three times a day.

Confirm with Dr. N Ragavan / Assigned Registrar regarding removal of Catheters/ drains

Apollo Hospitals and The Chennai Speciality Klinic, Chennai, India
www.drnragavan.com Ph. 9840014421/9600020690
Email ; ragavanurologist@gmail.com /drnarasimhan_ragavan@apollohospitals.com