

The ROYAL MARSDEN

NHS Foundation Trust

# GEARS: Your post surgery recovery programme

*Retroperitoneal Sarcoma patient checklist*



NHS

Name

Date of surgery

We understand that undertaking cancer surgery might be a stressful period. To alleviate some of the stress on your mind and body, we recommend following the GEARS programme.

GEARS stands for:



**G**et up

---



**E**at

---



**A**nalgesia

---








**R**emove

---








**S**peak up






# Day before your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Remain active throughout the day</li><li>- Exercise at least once today to raise your heart rate</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Maintain your normal diet; no food after midnight</li><li>- Drink carbohydrate preload drink – two sachets (one with your evening meal and one at bedtime)</li><li>- Only drink water after midnight</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Continue regular medications as directed by your pre-assessment nurse</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Shower thoroughly as instructed by your pre-assessment nurse</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Call to check your arrival time and details</li><li>- Plan details for your discharge to avoid delays</li></ul>	<input type="checkbox"/> <input type="checkbox"/>






# Morning of your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Remain active until your surgery</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- No food after midnight</li><li>- Only drink water until 6am; nothing after 6am</li><li>- Have your third preload drink finished by 6am</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Continue regular medications as directed by your pre-assessment nurse</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Have a shower before coming to hospital</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Ask any questions you have before your surgery</li><li>- Plan details for your discharge to avoid delays</li></ul>	<input type="checkbox"/> <input type="checkbox"/>






# Immediately after your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Deep breathing exercises throughout the day</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Drink sips of water; progress to clear fluids if tolerating</li><li>- Have chewing gum or boiled sweets, if possible, when sufficiently awake</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Learn to use your Patient Controlled Analgesia (PCA)</li><li>- Make your team aware if you are in pain</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- No actions required today</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Raise any questions or concerns to your team</li><li>- Plan details for your discharge to avoid delays</li></ul>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

# Day 1 after your surgery






Task	Completed
 <ul style="list-style-type: none"><li>- Deep breathing exercises throughout the day</li><li>- Sit out of bed twice for one hour</li><li>- Walk 30 metres twice in the day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Drink clear fluids</li><li>- Try a soft diet if instructed by team</li><li>- Have chewing gum or boiled sweets three times a day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Pain team will see you to optimise your pain relief</li><li>- Make your team aware if you are in pain</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Your team may remove your urinary catheter if possible</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Continue planning your discharge (refer to SAFER discharge checklist on page 16)</li></ul>	<input type="checkbox"/>

## Day 2 after your surgery






Task	Completed
 <ul style="list-style-type: none"><li>- Deep breathing exercises throughout the day</li><li>- Sit out of bed twice for three hours</li><li>- Walk 60 metres twice in the day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Drink normally as tolerated</li><li>- Progress from a soft diet to a light diet as tolerated</li><li>- Have chewing gum or boiled sweets three times a day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Make your team aware if you are in pain</li><li>- Pain team will see you to optimise your pain relief</li><li>- Stop PCA and start regular oral analgesia as directed</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Your team will remove your urinary catheter</li><li>- Your team will remove your central line and arterial line if possible</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Raise any questions or concerns to your team</li><li>- Continue planning your discharge (refer to SAFER discharge checklist on page 16)</li></ul>	<input type="checkbox"/> <input type="checkbox"/>








## Day 3 after your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Sit out of bed most of the day</li><li>- Wear your own clothes</li><li>- Walk 200 metres twice in the day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Drink normally</li><li>- Progress to a normal diet as tolerated</li><li>- Your team will refer you to a dietitian if you are not tolerating food</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Make your team aware if you are in pain</li><li>- Pain team will see you if required</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Some of your intravenous lines will be removed if not needed</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Raise any questions or concerns to your team</li><li>- Continue planning your discharge (refer to SAFER discharge checklist on page 16)</li></ul>	<input type="checkbox"/> <input type="checkbox"/>






## Day 4 after your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Stay out of bed for most of the day</li><li>- Wear your own clothes</li><li>- Walk 400 metres twice in the day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Eat normally as tolerated</li><li>- Your team will refer you to a dietitian if you are not tolerating food</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Make your team aware if you are in pain</li><li>- Pain team will see you if required</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Your team will remove your drain if you have one</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Raise any questions or concerns with your team</li><li>- Learn how to administer the Tinzaparin injections</li><li>- Continue planning your discharge (refer to SAFER discharge checklist on page 16)</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>






## Day 5 after your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Sit out of bed most of the day</li><li>- Wear your own clothes</li><li>- Walk 200 metres twice in the day</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Eat normally as tolerated</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Make your team aware if you are in pain</li><li>- Your team will prepare your discharge medications</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Your team will remove unused cannulas</li><li>- Have a shower</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Raise any questions or concerns to your team</li><li>- Learn how to care for your wounds</li><li>- Continue planning your discharge (refer to SAFER discharge checklist on page 16)</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Day 6 after your surgery

Task	Completed
 <ul style="list-style-type: none"><li>- Mobilise freely</li><li>- Wear your own clothes</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Eat normally as tolerated</li></ul>	<input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Make your team aware if you are in pain</li><li>- Your team will ensure your discharge medications are ready</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Your team will remove any unused cannulas if not needed</li><li>- Have a shower</li></ul>	<input type="checkbox"/> <input type="checkbox"/>
 <ul style="list-style-type: none"><li>- Raise any questions or concerns with your team</li><li>- Prepare for your discharge (refer to SAFER discharge checklist on page 16)</li><li>- Ensure you are confident with Tinzaparin injection administration and wound care</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Day 7 after your surgery

Task	Completed
 – Dress and mobilise freely in preparation for your discharge	<input type="checkbox"/>
 – Eat normally	<input type="checkbox"/>
 – You will have all your medications explained to you before discharge	<input type="checkbox"/>
 – Your team will remove all cannulas – Have a shower	<input type="checkbox"/> <input type="checkbox"/>
 – Raise any questions or concerns with your team – Discharge home – SAFER discharge checklist achieved (see page 16)	<input type="checkbox"/> <input type="checkbox"/>

# Frequently asked questions

## **When can I start driving?**

You can drive as soon as you are off strong painkillers and can confidently perform an emergency stop, if in doubt please contact your insurer.

## **When is my next appointment?**

Your discharge summary will include information on follow up appointments, duration of discharge medication and who to contact if you have questions.

## **How long do I continue injecting myself with Tinzaparin?**

Most patients continue to use the Tinzaparin injections for 28 days post-operatively. A small group of patients will be specifically directed to use the injections for longer for clinical reasons. The team will discuss this with you directly.

# Basic wound care

- Keep wounds clean and dry
- Cleanse in the shower
- Gently dry with a clean towel
- Avoid using soap on the wound
- Unless oozing or rubbing on clothing keep wounds exposed to allow them to heal.

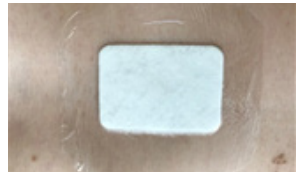
You may have skin clips or stitches. These are usually taken out between 10-14 days after surgery. Your team will give you detailed instructions and will make sure you know where to go to get this done before you leave hospital. This is sometimes done at your local GP practice.



Surgical skin clips



Removable stitches



Tegaderm dressing

# SAFER Clinical Criteria for Discharge (discharge checklist)

1. Mobilising freely; eating and drinking adequately
2. Pain well controlled with oral analgesia
3. Independent with care for wounds and dressings, or District Nurse arranged
4. Self-administering tinzaparin injections
5. All lines/drains removed; or plan for removal as outpatient
6. All concerns addressed, contact details given, follow up arranged



Copyright © 2020 The Royal Marsden NHS Foundation Trust  
All rights reserved

Published March 2020  
Planned review March 2023

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from: The Royal Marsden Help Centre  
Freephone: 0800 783 7176  
Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

The Royal Marsden NHS Foundation Trust  
Fulham Road  
London SW3 6JJ

[www.royalmarsden.nhs.uk](http://www.royalmarsden.nhs.uk)

No part of this booklet may be reproduced in any way whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews.

No conflicts of interest were declared in the production of this booklet.

The information in this booklet is correct at the time of going to print.

AD-1752-Retroperitoneal Sarcoma

## Contact details

It is **very important** that if you have any concerns or problems after leaving hospital, you contact someone as soon as possible.

Your key worker:

### The Royal Marsden Macmillan Hotline

020 8915 6899 (available 24 hours a day, seven days a week)

## Other useful sources of patient information:

### Macmillan Cancer Support

[www.macmillan.org.uk](http://www.macmillan.org.uk)

0808 808 0000 (free phone)

Macmillan provides information and support on cancer from diagnosis to treatment and beyond. A wide range of resources are also offered.

### Cancer Research UK

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

CRUK has a patient information website, with information on all types of cancer and treatment choices.



Radiation and  
Chemotherapy Services  
Preston & Poulton