

# Sacral/Ischial Pressure Ulcer Debridement Pre & Post-Operative Instructions

---

## **What are my pre-operative instructions?**

1. Start a clear liquid diet 2 days before surgery
2. Perform your bowel program before noon the day before surgery.
3. Do not to take any medication which is a bowel med. the day before or the day of surgery (e.g.: senokot, colace, milk of magnesia, Fibercon, etc.)

The purpose of these orders is to try and prevent a bowel accident within the first 24 hours after your surgery. We like the operative dressing to remain in place for at least 24 hours. A bowel accident would contaminate the dressing and require changing sooner than we would like. The stool would also contaminate the wound where the debridement was done.

## **What are my post-operative instructions?**

1. If all you are having is a wound debridement, your procedure may be outpatient (this is determined by your provider).
2. If you are also having an ischectomy or sacrectomy, you will be an admission day procedure which means you will be admitted to the hospital after your surgery for one to a few days (this is an individual decision made by your physician).
3. All your care will be done by the inpatient nursing staff while you are in the hospital.
4. Any new wound care orders will be given to your caregiver or arrangements will be made for a visiting nurse to come to your home and do the wound care upon your discharge.
5. If you already have a visiting nurse, we will just need a phone number or fax number where we can notify them of the new orders.

## Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Erin Larowe  
Reviewers: Patricia McKenzie, RN

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 2/2014