

The Goldfinch Health Surgery Experience

Meet Goldfinch Health, your surgical support program provided at no cost to you.

As a Goldfinch Health member, you enjoy access to a program proven to reduce the need for opioids and improve recovery time by 32 days, on average.



G O L D F I N C H
— H e a l t h —

The program includes:



Your Goldfinch Nurse

Gain control in what can feel like an out-of-control time by getting information and support from your nurse navigator.



Just a Phone Call or Text Away

Your Goldfinch support program comes with phone and text access to your personal nurse navigator.



Prepared for Surgery Tool Kit

Each item in the tool kit has been carefully selected to help you feel prepared for surgery and recovery.



How Will This Help You?

Surgery can be overwhelming.

Our goal at Goldfinch Health is to help you gain confidence and control in your surgery and recovery.

We help you to do this with this Prepared for Surgery Tool Kit, your Goldfinch Nurse and a clinical approach known as Enhanced Surgical Journeys.

What is an Enhanced Surgical Journey?

Backed by decades of clinical research, this proven approach can help you to fast-track your recovery.

Enhanced Surgical Protocols:

- Decrease infections
- Lower pain and opioid use
- Result in faster recovery

Your Goldfinch Nurse will share more and help you to find this experience, if possible.

This tool kit will help!

Your Prepared for Surgery Tool Kit



Pre-Surgery Drink

- Research indicates that drinking a carbohydrate beverage more than 2 hours before surgery (instead of a 12-hour or longer fasting period) is linked to improved patient outcomes after surgery
- CF(Preop)[®] supplies important nutrients and hydration without increasing risks when taken more than two hours before surgery.



Note about use (all patients): Talk with your doctor about specific instructions for use with your surgery.

Note about use (patients with Diabetes): Talk with your doctor as a different type of drink may be recommended.



Opioid Disposal

- Keeping opioids in the home is not safe. Over half of people who abuse opioids get them from a friend or family member's leftover prescription.
- Opioids should never be disposed of in the trash, flushed down the toilet, or poured/put down the drain.
- Safely dispose of your leftover opioid painkiller pills after surgery using Rx Destroyer.



**BILLION
PILL PLEDGE**

Your Prepared for Surgery Tool Kit



Ice Pack

- Once frozen, these convenient packs become important tools in reducing pain and speeding up recovery.
- Patients who use ice therapy report less pain and use fewer opioids than those who did not.
- While you're using one pack, be sure to keep another pack in the freezer so you can alternate.



Chewing Gum

- Chewing gum shortly after surgery, according to your surgeon's direction, can make you feel better, faster.
- Chewing gum reduces nausea and gets the bowels moving sooner, leading to less gas, less abdominal pain and fewer complications.

If you are undergoing weight loss surgery, chewing gum after the procedure is not recommended.

Important Notes

If you have a medical emergency, dial 911.

The Goldfinch Nurse Navigator and Prepared for Surgery Tool Kit are provided for your support and convenience.

The Goldfinch program is not intended to replace the professional judgment of your physician and medical care team.



Questions For Your Surgeon

1. Is this considered a minimally invasive surgery?
2. How many times have you performed this surgery? How often do you perform it?
3. I am aware that not eating or drinking after midnight leading up to surgery is bad for my recovery. May I drink a sports drink (like CF(Preop)[®] or Gatorade[®]) two hours before my operation?
4. I understand most procedures can have me home the same day. Is that possible with this operation?
5. I've heard about the benefits of Enhanced Recovery After Surgery (ERAS) protocols. Have you adopted an ERAS protocol for this procedure?
6. What do you do to minimize the need for opioid pain medications?
7. How soon will I be walking and eating after the procedure?
8. How long should I expect to be away from my normal activities and out of work?
9. Is there anything else we can do to make my recovery easier?
10. What kind of help will I need at home and for how long?

Your Notes

Hydration Guide

Good hydration in the days before and after your procedure is important. Aim to drink 8 glasses of water each day in the week before and after your surgery.

The morning of your operation:

It's important to talk with your doctor about drinking CF(Preop)[®], no closer than 2 hours before your operation. It is specially formulated to give you a boost during your operation. Only drink CF(Preop) the morning of your surgery if approved by your doctor.

Why use CF(Preop) the morning of your operation?

Hospitals often give the instruction "no food or drink after midnight" before a surgery because an un-informed patient may show up to surgery with food in their stomach. This can lead to delays. However, informed patients know that a clear drink like CF(Preop) is designed so it gives you vital nutrients and water without the risk of delays.

Again, only drink CF(Preop) the morning of your surgery if approved by your doctor.

Eating Guide



The week before surgery

Eat a lean, high-protein diet.

Examples of high-protein sources include: chicken, fish, lean cuts of red meat, nuts, beans (legumes), eggs.

You may also want to consider protein supplement shakes.

Eat small meals and stay well hydrated.

Avoid spicy, greasy, heavy, and fried foods.

The day of surgery

If the surgery is planned to begin after noon, ask the surgeon to consider a light breakfast of toast and/or an egg (up to 6-8 hours before surgery) to improve nutrition and accelerate recovery. Be sure to check with your surgeon before doing so.



The week after surgery

Eat to minimize nausea and vomiting that often follows surgery.

Eat, even when you do not have an appetite. This is important to nurture your body after a stressful event, providing much-needed protein and calories to help with healing. Food also helps to wake up your bowels after surgery.

Avoid spicy, greasy, heavy, and fried foods. Foods high in fiber, such as prunes, help avoid constipation (which is a side effect from surgery). Meals prepared at home are typically a healthier option.

Pain Management

Speak with your Goldfinch Nurse Navigator to see how these medications, along with non-pharmacological treatments, can best help you on your road to recovery!



Many people do not need opioid medication for pain control following surgery. In fact, there is a non-opioid option shown to be 3 times more effective than a high dose of the opioid, Percocet.



The key to get the best pain relief comes down to timing and multiple methods.



This non-opioid pain regimen utilizes two different types of medication. These medications are Acetaminophen (Tylenol®) and an "NSAID" (such as Ibuprofen, Naproxen, or Celebrex®).



Acetaminophen (Tylenol) works by blocking the perception of pain at the brain/spinal cord.

Pain Management



NSAIDs or Non-steroidal Anti-inflammatory Drugs (like Ibuprofen, Naproxen, or Celebrex) work to treat inflammation and pain at the site of injury.



Because Acetaminophen and NSAIDs work differently, they can be taken together. In fact, each medication has been shown to help the other become more effective.



Common instructions with great results suggest alternating these medications.



Opioid medications can reduce pain as well. However, they can have significant side effects that could interfere with recovery. Ideally, opioids are added to your pain regimen when alternative options have not been successful in managing pain.

Stay on Top of Your Pain



Ice & Heat

Use heating pads, or ice packs, as directed by your surgeon.

- Ice and/or heat for up to 15 minutes every 1-2 hours can help with discomfort.
- Have at least 2 ice packs ready, so you always have one frozen.
- Do not fall asleep with ice or heat on your incision.
- Never put ice directly on your skin – use a towel to wrap the ice packs.

Mindful Breathing

Aim to practice mindful breathing two times a day in 10-minute sessions. *(Hint: It might be helpful to set a timer as you get started.)*

1. Sit in a comfortable position. Many people find it helpful to close their eyes or focus on an object across the room.
2. Breathe in through your nose for five seconds — counting in your head “1, 2, 3, 4, 5.”
3. Breathe out through your mouth for another five seconds— “1, 2, 3, 4, 5.”
4. Keep this rhythm and focus on your breath for 10 minutes.

Be sure to try other non-drug options such as relaxation and distraction (listening to music, reading, talking with others).



**BILLION
PILL PLEDGE**

Will You Join Us?



Stop opioid addiction before it starts by attacking a top gateway to opioid addiction—surgery.

The goal of the Billion Pill Pledge is to increase access to a better, opioid-minimizing approach to surgery and recovery. This way, billions of opioid pills can be eliminated from our medicine cabinets, homes and communities.

By joining the Billion Pill Pledge, you commit to:

- Being informed about your surgical options including advanced techniques
- Asking about opioid-minimizing approaches to pain management
- Committing to safe disposal of unused opioid medication
- Raising awareness about opioid-sparing approaches to pain management