

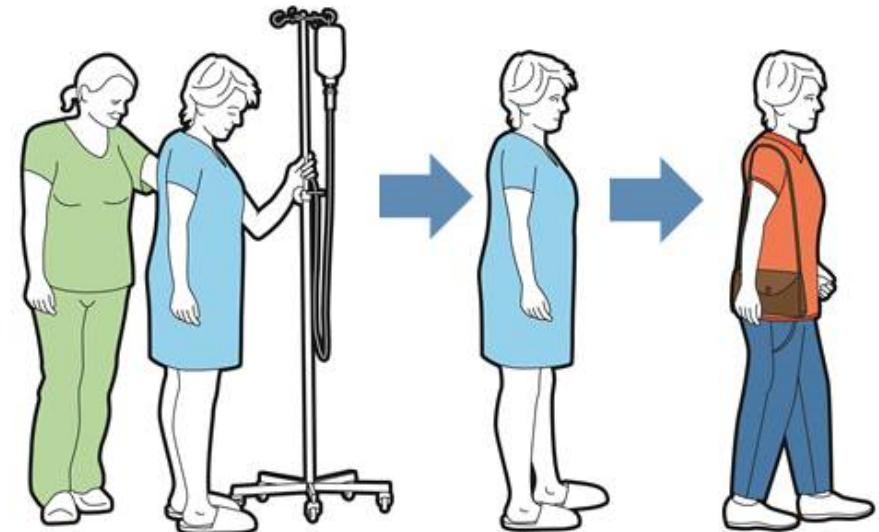
	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Deep Breathing Exercises	<input type="checkbox"/> Do deep breathing exercises	<input type="checkbox"/> Do deep breathing exercises	<input type="checkbox"/> Do deep breathing exercises	<input type="checkbox"/> Do deep breathing exercises
Activities	<input type="checkbox"/> Do leg exercises <input type="checkbox"/> Dangle legs at edge of bed <input type="checkbox"/> Sit in a chair with help	<input type="checkbox"/> Sit in a chair for meals <input type="checkbox"/> Walk in hallway 3 times, with help <input type="checkbox"/> Be out of bed as tolerated <input type="checkbox"/> Take part in personal care	<input type="checkbox"/> Sit in a chair for meals <input type="checkbox"/> Walk in the hallway as often as possible <input type="checkbox"/> Be out of bed as much as tolerated <input type="checkbox"/> Do most of personal care	<input type="checkbox"/> Go home today
Pain Control	<input type="checkbox"/> May have an epidural, PCA, IV or pills for pain <input type="checkbox"/> Tell my nurse if pain reaches 4 out of 10 on the pain scale	<input type="checkbox"/> May have an epidural, PCA, IV or pills for pain <input type="checkbox"/> PCA likely removed today <input type="checkbox"/> Tell my nurse if pain reaches 4 out of 10 on the pain scale	<input type="checkbox"/> Have epidural catheter removed if my pain is controlled <input type="checkbox"/> Take pills for pain as needed <input type="checkbox"/> Tell my nurse if pain reaches 4 out of 10 on the pain scale	<input type="checkbox"/> Take pills for pain as needed <input type="checkbox"/> Tell my nurse if pain reaches 4 out of 10 on the pain scale
Nutrition	<input type="checkbox"/> Drink liquids and protein drinks as tolerated <input type="checkbox"/> May try some solid food as tolerated <input type="checkbox"/> Chew gum for 30 minutes	<input type="checkbox"/> Drink liquids, including protein drinks <input type="checkbox"/> Eat regular food as tolerated <input type="checkbox"/> Chew gum 3 times a day	<input type="checkbox"/> Drink liquids, including protein drinks <input type="checkbox"/> Eat regular food as tolerated <input type="checkbox"/> Chew gum 3 times a day	<input type="checkbox"/> Drink liquids, including protein drinks <input type="checkbox"/> Eat regular food as tolerated <input type="checkbox"/> Chew gum 3 times a day
Tubes & Lines	I may have: <input type="checkbox"/> Oxygen prongs (removed today) <input type="checkbox"/> Intravenous line <input type="checkbox"/> Epidural catheter or PCA <input type="checkbox"/> Urinary catheter <input type="checkbox"/> Drains <input type="checkbox"/> "moon boots" on my calves	<input type="checkbox"/> My urinary catheter will likely be removed this morning <input type="checkbox"/> My intravenous line will be locked when I am drinking well <input type="checkbox"/> "moon boots" will remain on during the periods I am in bed <input type="checkbox"/> Drains will be removed as determined by surgical team	<input type="checkbox"/> My epidural catheter will be removed if I had one, and my pain will be managed with pills <input type="checkbox"/> My intravenous line will be locked <input type="checkbox"/> "moon boots" will remain on during the periods I am in bed	<input type="checkbox"/> Ideally most tubes and drains removed, depending on your condition and the type of surgery you had. <input type="checkbox"/> Some patients may go home with a urinary catheter or groin drain <input type="checkbox"/> My intravenous line will be removed before going home.
Education		<input type="checkbox"/> I will hear about my surgery from the surgical team <input type="checkbox"/> Nursing, allied health and surgical teams will let me know what to expect for the upcoming days	<input type="checkbox"/> If I have a stoma, I will begin learning how to handle it with the guidance of an enterostomal consultant <input type="checkbox"/> I will be taught how to self-inject blood thinners	<input type="checkbox"/> If I have a stoma, I should be changing my stoma appliance independently <input type="checkbox"/> I will practice self-injection of blood thinner before going home

Look for the illustrated guide that is posted in your hospital room!



	DAY of SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY
Nutrition	gum, liquids, protein drinks	solid food, gum, liquids, protein drinks	continue diet as tolerated	continue diet as tolerated
Activities	Illustration of sitting at a table	3X or more daily	3X or more daily	Illustration of a house
Deep breathing exercises	10 X every hour sitting in chair or in bed	10 X every hour sitting	10 X every hour sitting	10 X every hour sitting
Pain control	epidural, PCA, IV or pills Pain is at a level comfortable for you	epidural, PCA, IV or pills Pain is at a level comfortable for you	pills Pain is at a level comfortable for you	pills Pain is at a level comfortable for you
Tubes and lines	Illustration of a patient with tubes and lines	Illustration of a patient with tubes and lines	Illustration of a patient with tubes and lines	Illustration of a patient with tubes and lines

Path to Home Guide: After Your Gynecologic Oncology Surgery



Read more about your recovery in the patient education materials provided by your health care team.

Please bring this booklet with you each time you visit the hospital and on the day of your surgery.

Adapted from the 'Path to Home Guide', with permission from McGill University Health Centre.

This booklet describes what to expect after surgery. **Please use it as a general guide, as each person's surgery and recovery are different.**

If you have questions about your recovery, please speak with a member of your health care team.