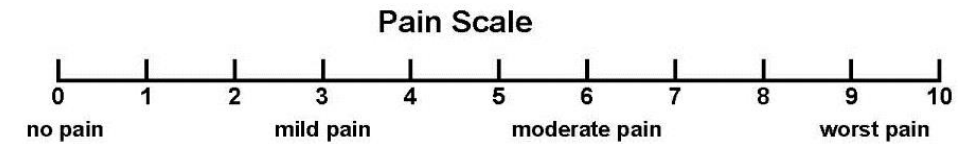


Path to Home Guide: After Your Surgery



	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"/> Take part in personal care, as able <input type="checkbox"/> Walk to bathroom <input type="checkbox"/> Walk in the hallway 3 times, with help <input type="checkbox"/> Be out of bed as tolerated	<input type="checkbox"/> Sit in a chair for meals <input type="checkbox"/> Take part in personal care, as able <input type="checkbox"/> Walk to bathroom <input type="checkbox"/> Walk in the hallway 3 times <input type="checkbox"/> Be out of bed as tolerated	<input type="checkbox"/> Sit in a chair for meals <input type="checkbox"/> Do most of personal care <input type="checkbox"/> Walk as much as possible <input type="checkbox"/> Be out of bed as tolerated <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 is 4 out of 10 on the pain scale (or higher)	<input type="checkbox"/> May have an epidural, PCA, IV or pills for pain <input type="checkbox"/> Tell my nurse if pain is 4 out of 10 on the pain scale (or higher)	<input type="checkbox"/> Take pills for pain <input type="checkbox"/> Have epidural catheter or PCA removed if my pain is controlled <input type="checkbox"/> Tell my nurse if pain is 4 out of 10 on the pain scale (or higher)	<input type="checkbox"/> Tell my nurse if pain is 4 out of 10 on the pain scale (or higher)
Nutrition	<input type="checkbox"/> Drink liquids and protein drinks 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"/> Have 4 to 6 small meals plus snacks <input type="checkbox"/> Chew gum for 30 minutes, 3 times a day	<input type="checkbox"/> Drink liquids, including protein drinks <input type="checkbox"/> Eat regular food as tolerated <input type="checkbox"/> Have 4 to 6 small meals plus snacks <input type="checkbox"/> Chew gum for 30 minutes, 3 times a day	<input type="checkbox"/> Drink liquids, including protein drinks <input type="checkbox"/> Eat regular food as tolerated <input type="checkbox"/> Have 4 to 6 small meals plus snacks <input type="checkbox"/> Chew gum for 30 minutes, 3 times a day
Tubes and Lines	I may have: <input type="checkbox"/> Oxygen mask or prongs (removed today) <input type="checkbox"/> Intravenous line (IV) <input type="checkbox"/> Epidural catheter <input type="checkbox"/> Urinary catheter <input type="checkbox"/> Drains	<input type="checkbox"/> My urinary catheter may be removed today <input type="checkbox"/> My IV will be removed when I am drinking well	<input type="checkbox"/> My urinary catheter will be removed today, if it wasn't removed yesterday <input type="checkbox"/> My IV will be removed when I am drinking well <input type="checkbox"/> My epidural catheter will be removed and my pain will be managed with pills	<input type="checkbox"/> None for most people. This will depend on my condition and the type of surgery I had.

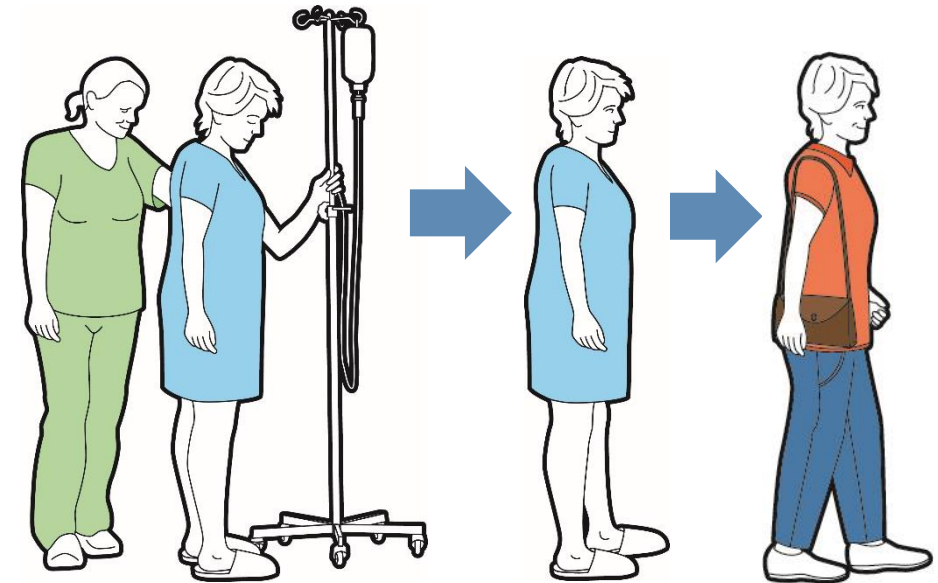
Look for the illustrated guide that is posted in your hospital room!



	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 in a chair	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 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.