

WHAT TO EXPECT AFTER SURGERY: A DAILY CHECKLIST



Post Op day 1

Move

- Get up to the chair for all meals.
- Take your first steps walking around in your room.
- First visit with Physical Therapy and Occupational Therapy.
- Protect your sternum- Use your Heart Pillow & Keep up with your Move in the Tube.

Manage Pain

- Talk with your nurse about a realistic goal. It's normal to have some discomfort after surgery.

Nutrition

- Eat what you are able on the first day, include some protein to promote healing.

Deep Breathe

- Start working on Incentive Spirometry (I.S.) - 10 times per hour while awake. This breathing machine will help your lungs wake up and get you off supplemental oxygen.

Medications

- Start on bowel medications to help get your gut moving- you may not have a BM for about 3 days.

Remove

- Remove Foley catheter- The tube in your bladder may be removed.
- Remove Central lines- Large IV in neck and wrist may be removed.

****Move out of the ICU- this may happen on day one or day two.***

Post Op day 2

Move

- Up to the chair for all meals ___ ___ ___
- Walk in halls 3 times today- increase distance each time. ___ ___ ___
- Protect your sternum- Use your Heart Pillow & Move in the Tube
- Expect physical therapy and occupational therapy to work with you daily until you are comfortable and strong enough to move on your own.

Manage Pain

- Manage Pain- work towards your realistic goal

Nutrition

- Eat! – don't let nausea hold you back, we have meds for that.

Deep Breathe

- Continue using your I.S. 10 times an hour while awake.

Remove

- Removal of chest tubes- This may happen as early as day 2 or may take a bit longer.

Medication

- Talk with your nurse about your new medication names and what they are used for.

Post Op day 3

Move

- Up to the chair for all meals ____ ____ ____
- Protect your sternum- Use your Heart Pillow & Move in the Tube
- Walk in hallways 3 times today at least. ____ ____ ____

Manage Pain

- Manage pain- the more you move, the better you'll feel.

Nutrition

- Eat- you need energy for all your walking.

Deep Breathe

- Continue using your I.S. 10 times an hour while awake.

Remove

- Removal of chest tubes if still in.
- Removal of pacer-wires- *This may happen as early as day 2 or may take a bit longer. *Once pacer-wires are removed you may shower.*

Medication

- Continue your bowel meds; let your nurse know if you haven't passed gas yet.
- Do you know some of the names of your new medication?

Post Op day 4

Move

- Up to the chair for all meals ____ ____ ____
- Walk in hallways 3 times today ____ ____ ____
- Protect your sternum- Use your Heart Pillow & Move in the Tube

Deep Breathe

- Continue using your I.S. 10 times an hour while awake.

Medications

- Continue bowel medications- we would like you to have a bowel movement before you leave the hospital.
- Have your care team sign your pillow.

Preparing for Discharge

- Talk with us about preparing to go home: Do you need equipment at home? Do you think home health assistance is needed?
*The case managers will also be working with you and therapy services to set up what you need.
- Continue learning about your new medications.
 - A complete list of medications, with amount and how often to take them, will be provided to you at discharge.
 - Your prescriptions can be sent to your preferred pharmacy upon discharge. Let your nurse know if you want to pick them up here. You will need someone to pick those up for you on the day you go home.
 - If you go home on a Monday- Friday, you can have them filled at the Walgreens pharmacy at Deaconess and they will deliver to your hospital room if you prefer.
- Who is taking you home? Make sure your ride is available and can bring you clothes if needed.
- At some time during your stay, expect a visit from a PULSE nurse navigator to meet with you and answer questions and discuss recovery and activity after you leave the hospital.

