

# YOUR ROAD TO RECOVERY:

This document gives you a preview of how we will work together to enhance your recovery after your surgery. Take note that these are the recovery milestones for most patients. Your care may vary slightly depending on your medical condition. Make sure to discuss the expected length of your stay with your surgeon.



	Day of surgery	First day after your surgery	Second day after your surgery and afterwards until your discharge
Liquids/ Nutrition	After surgery you will be receiving hydration through your vein. Once you are alert and able to swallow safely, we will start giving you ice chips and sips of water. If you are able to tolerate this without any nausea or vomiting, we will advance your diet.	As you start to take in more fluids and nutrition by mouth, we will stop or decrease the fluid you receive through your veins. We will encourage you to eat at least 25% of your meals and take in at least 16 ounces of fluid by mouth every 12 hours.	You will be encouraged to drink and eat normally.
Mobilization	Early mobilization has been shown to be essential in positive outcomes. Four hours after surgery the nurse will be helping you sit up at the side of bed for 5 minutes. You will be medicated for pain or nausea if needed prior to performing this. If your surgery is completed early in the day, the nurse will help you to walk to the chair for a few minutes in the evening.	The nurse will help you walk a few feet to the chair for breakfast. Later in the morning or early afternoon, the nurse will assist you in walking in the hallway of the unit. This should be performed again in the evening.  You are encouraged to get out of bed and sit in the chair between your meals and for your meals.	You will be encouraged to get out of bed to the chair for meals and walking in the hallway with assistance a minimum of twice a day.
Urinating	You can expect to have a catheter in your bladder to drain your urine when you wake up from surgery.	For most patients, the bladder catheter will be removed first thing in the morning. Please notify the nurse or the care partner when you urinate. The team will be measuring the amount of urine you produce.	You will be encouraged to urinate normally.
Pain Management	You will be offered pain medication through your vein or orally once you can swallow safely.  You will be offered additional relaxation techniques to help with any pain you may experience including: music, massage therapy, and deep breathing.	You will be offered pain medication preferentially by mouth and given pain medication through your vein for pain if not relieved.  You will be offered additional relaxation techniques to help with any pain you may experience including: music, massage therapy, and deep breathing.	You will be offered pain medication by mouth.  You will be offered additional relaxation techniques to help with any pain you may experience including: music, massage therapy, and deep breathing.