













Pathway to Going Home: Enhanced Recovery After Surgery

	4-6 Hours After Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Breathing Exercises	 <p>10 times an hour</p>	 <p>10 times an hour</p>	 <p>10 times an hour</p>	 <p>10 times an hour</p>
Activities	 <p>Walk 2 - 3 times</p>	 <p>Walk 4 - 6 times</p>	 <p>Walk 4 - 6 times</p>	 <p>You may be ready to go home</p>
Nutrition	 <p>Drink clear fluids</p>	 <p>Eat solid foods</p>	 <p>Eat solid foods</p>	 <p>Eat solid foods</p>
Pain Control	Maintain good pain control with scheduled medications	Maintain good pain control with scheduled medications	Maintain good pain control with scheduled medications	Maintain good pain control with scheduled medications
Catheter & IV Lines	You will have a urinary catheter and an IV line	Urinary catheter may be removed; IV fluids should be stopped	Urinary catheter should be removed	No IV lines or catheters

Remember To:

Brush, floss your teeth and use mouthwash two times a day.



2 Days After Surgery

The surgical dressing will be removed from your incision. It is okay to shower after the dressing is removed.

Each patient is different and may need extra time to recover in the hospital.