



Centre universitaire de santé McGill
McGill University Health Centre
Les meilleurs soins pour la vie
The Best Care for Life



Portefeuille de l'éducation du CUSM
The MUHC Education Portfolio



Parcours de rétablissement chirurgical du CUSM
MUHC Surgery Recovery Program



Programme de réhabilitation multidisciplinaire de Montréal
MMSS Multidisciplinary Recovery Program

Path to Home Guide:

Lung Surgery

	DAY of SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY	4 DAYS AFTER SURGERY
Breathing Exercises	 10 x every hour sitting	 10 x every hour sitting	 10 x every hour sitting	 10 x every hour sitting	 10 x every hour sitting
Activities	 bed should be at 45° sit in chair	 walk hall 2 x daily sit 3 x daily & out of bed as tolerated	 walk hall 2 x daily sit 3 x daily & out of bed 8 hours/day	 walk hall 3-5 x daily sit 3 x daily & out of bed 8 hours/day	 walk hall 3-5 x daily sit 3 x daily & out of bed 8 hours/day
Pain control	 epidural pain should be kept below 4	 epidural pain should be kept below 4	 epidural pain should be kept below 4	 epidural pain should be kept below 4	 epidural pain should be kept below 4
Nutrition	 Liquids ONLY	 Solid food, fruits and vegetables	 Solid food, fruits and vegetables	 Solid food, fruits and vegetables	 Solid food, fruits and vegetables
Tubes & lines	 Tubes & lines	 Tubes & lines	 Tubes & lines	 Tubes & lines	 Tubes & lines

Path to Home Guide: Lung Surgery

	Day of surgery	1 Day after Surgery	2 Days after Surgery	3 Days after Surgery	4 Days after Surgery
Breathing exercises	Start my breathing exercises	Continue with my breathing exercises	Continue with my breathing exercises	Continue with my breathing exercises	Continue with my breathing exercises
Activities	With help, move into a chair later today Do my leg exercises	With help, walk 2 times during the day Sit in the chair 3 times, 30 minutes each time. Get out of bed, on and off, from chair to bed, staying out of bed as much as tolerated.	With help, walk 3 times during the day Sit in the chair 3 times, 30-60 minutes each time Get out of bed, on and off, be out of bed for at least 8 hours	With help, walk 3-5 times during the day Sit in the chair 3 times, 30-60 minutes each time Get out of bed, on and off, be out of bed for at least 8 hours	Go home to continue to get better
Pain Control	Tell the nurse if my pain reaches 4/10 on the pain scale	Tell the nurse if my pain reaches 4/10 on the pain scale	Tell the nurse if my pain reaches 4/10 on the pain scale	The epidural will be removed I will start taking pills to control the pain Tell the nurse if my pain reaches 4/10 on the pain scale	Continue taking pills to control my pain Tell the nurse if my pain reaches 4/10 on the pain scale
Diet	Drink liquids if I feel physically able Sit in my chair when drinking	Change to regular food Sit in my chair for all my meals	Continue with my regular diet Sit in my chair for all my meals	Continue with my regular diet Sit in my chair for all my meals	Continue with my regular diet Sit in my chair for all my meals
Tubes & Lines	I will have: - an epidural - an intravenous line - an oxygen mask - a urinary tube - a chest tube	Start using the toilet if my urine tube is removed. The intravenous line will be removed once I am able to eat and drink	The Intravenous will be removed once I am able to eat and drink.	The chest tube will be removed The epidural will be removed	No tubes or lines when you leave to go home