

Path to Home Guide: Esophageal Surgery

	DAY of SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY	4 DAYS AFTER SURGERY	5 DAYS AFTER SURGERY	6 DAYS AFTER SURGERY
Breathing Exercises							
Activities							
Pain Control							
Nutrition							
Tubes & Drains							

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	Day of surgery	1 Day after	2 Days after	3 Days after	4 Days after	5 Days after	6 Days after
Breathing Exercises	Do breathing exercises	Do breathing exercises	Do breathing exercises	Do breathing exercises	Do breathing exercises	Do breathing exercises	Do breathing exercises
Activities	Do leg exercises Sit in a chair with help Always keep the head of the bed elevated.	Walk in the hallway 2 times, with help Sit in the chair X 2 for 30 minutes each time Be weighed	Walk in the hallway 3 times, with help Sit in the chair X 3 for 30-60 minutes each time Sit in a chair to drink water Be weighed	Walk in the hallway 4 times, with help Sit in the chair X 3 for 30-60 minutes each time Sit in a chair for meals Be weighed	Walk in the hallway 4 times, with help Sit in the chair X 3 for 30-60 minutes each time Sit in a chair for meals Be weighed	Walk in the hallway 4 times, with help Sit in the chair X 3 for 30-60 minutes each time Sit in a chair for meals Be weighed	Go home
Pain Control	Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale	Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale	Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale	Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale	Remove the epidural and take pills instead Tell my nurse if pain reaches 4/10 on the pain scale	Take pills to control the pain Tell my nurse if pain reaches 4/10 on the pain scale	Take pills to control the pain Tell my nurse if pain reaches 4/10 on the pain scale
Nutrition	Have nothing to eat or drink	Have nothing to eat or drink	Start with a few sips of water	Get a clear fluid diet meal	Get a clear fluid diet meal	Eat food today Meet with a nutritionist	Eat food
Tubes & Lines	I may have: • Oxygen mask or prongs (may be removed today) • Intravenous line • Epidural catheter • Urinary catheter • Jackson Pratt drain • Nasogastric tube.	My urinary catheter will be removed today	My nasogastric tube will be removed.		My epidural will be removed today. My intravenous might be removed today.	The Jackson Pratt drain (or chest tube) might be removed today	