





PRET SURE



## Home

## 3 DAYS AFTER SURGERY 2 DAYS AFTER SURGERY 1 DAY AFTER DAY of



10 x every hour

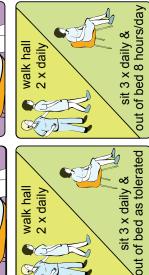
exercises

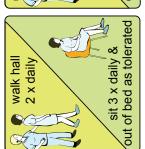
Breathing



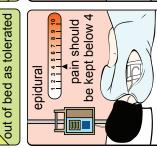








Activities



pain should be kept below 4

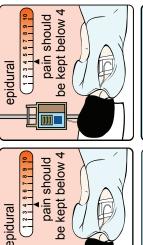
12345678910

epidural

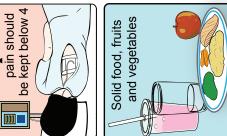
sit in chair

epidural

pills



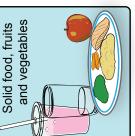
Pain control



Liquids ONLY

Solid food, fruits and vegetables

Solid food, fruits and vegetables



Nutrition



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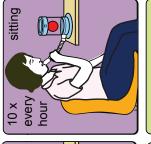
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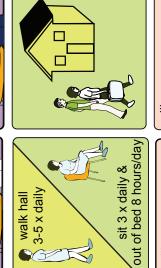




every 10 x

sitting

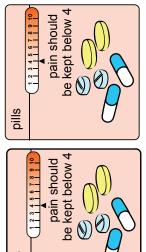




walk hall 3-5 x daily

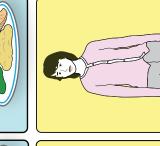
walk hall 2 x daily

bed should be at 45°









## 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