

Path to Home Guide : Bowel Surgery

	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Nutrition	gum, liquids, protein drinks	solid food, gum, liquids, protein drinks	continue diet as tolerated	continue diet as tolerated
Activities		3X or more daily	3X or more daily	
Breathing exercises	10 X every hour sitting	10 X every hour sitting	10 X every hour sitting	10 X every hour sitting
Pain control	epidural / IV Pain is at a level comfortable for you	epidural / IV Pain is at a level comfortable for you	pills Pain is at a level comfortable for you	pills Pain is at a level comfortable for you
Tubes & lines				