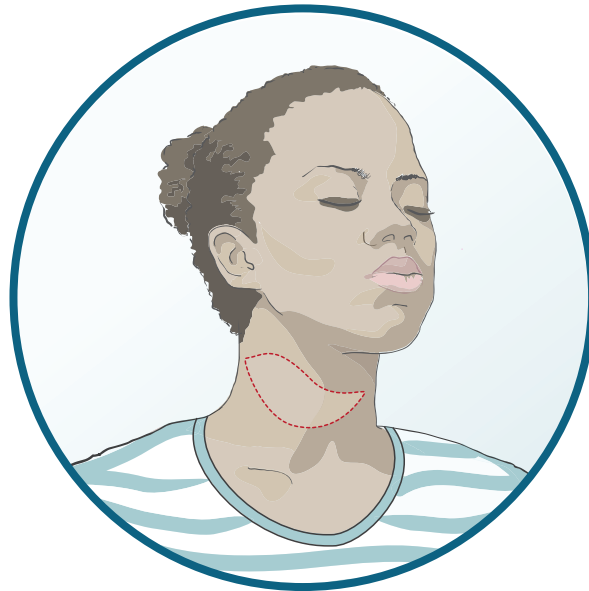




Eastern Health

A Guide to

Head & Neck Surgery: Free Flap Reconstruction



Centre universitaire de santé McGill McGill University Health Centre

Office d'éducation des patients
Patient Education Office

ERAS® Society



This material is also available through the MUHC Patient Education Office website
www.muhcpatienteducation.ca

	DAY of SURGERY : Intensive Care Unit	1 DAY AFTER SURGERY: Special Care Unit	2~5 DAYS AFTER: Nursing Floor	6~10 DAYS AFTER: Nursing Floor
Breathing Exercises				
Activities				
Pain Control				
Eating & Drinking				
Tubes & Drains				

Head & Neck Surgery: Daily Goals

	DAY of SURGERY: Intensive Care Unit	1 DAY AFTER SURGERY: Special Care Unit	2~5 DAY AFTER SURGERY: Nursing Floor	6~10 DAYS AFTER: Nursing Floor
Breathing Exercises	You may be connected to the ventilator (breathing machine)	The nurse or physiotherapist will review your breathing exercises	Continue doing your breathing exercises. →	
Activities	<ul style="list-style-type: none"> You may be kept asleep to help you heal 	<ul style="list-style-type: none"> Do your leg exercises Sit in a chair with help from the nurse 	<ul style="list-style-type: none"> Do your leg exercises Sit in a chair Walk in the hallway three times (with help) Participate in your daily washing Use the washroom, with help 	<ul style="list-style-type: none"> Do your leg exercises Walk in the hallway four times Do your daily washing
Pain Control	The nurse will give you medications to manage your pain	Tell your nurse if your pain reaches 4 on the pain scale from 0 to 10. →		
Eating & Drinking	You cannot eat or drink. The nurse will use moist swabs to keep your mouth wet	The feeding (NG) tube will be started to feed you	The feeding (NG) tube will continue to feed you	You will start with a liquid diet and slowly move to a soft food diet
Tubes & Drains	You may have a heart monitor, urinary catheter, IV, wound drainage tubes, implanted Doppler, compression wraps, a cast on your arm or leg, and the trach (if you have one)	<p>You may be disconnected from the ventilator (breathing machine)</p> <p>The urinary catheter may be removed</p> <p>You may still have the IV, wound drainage tubes, implanted Doppler, compression wraps, cast on your arm or leg, and the trach (if you have one) attached to oxygen tubes</p>	<p>Your wound drainage tubes will be removed if you have little drainage</p> <p>You may still have the implanted Doppler, cast on your arm or leg, and the trach (if you have one) attached to oxygen tubes</p>	<p>If you have a trach and it is temporary, it will come out now. If you are going home with the trach, you will start learning how to care for it yourself</p> <p>The implanted Doppler will be removed</p>