

The Path to Home Guide

Bladder Surgery

DAY OF SURGERY

1 DAY AFTER SURGERY

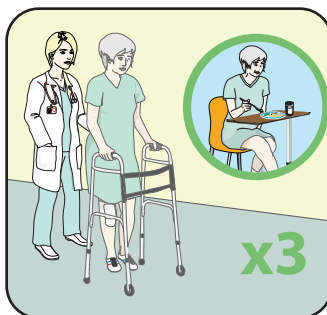
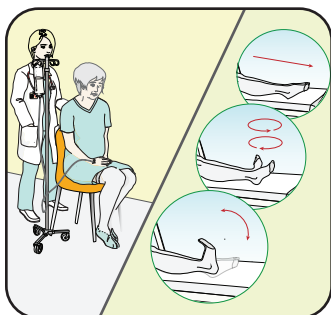
2 DAY AFTER SURGERY

3 DAYS AFTER SURGERY UNTIL DISCHARGE

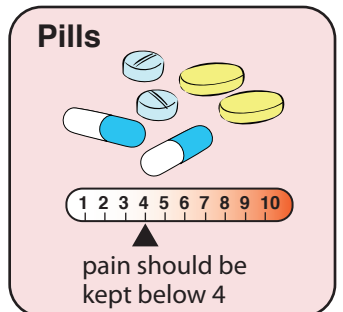
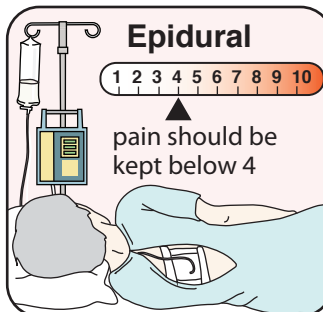
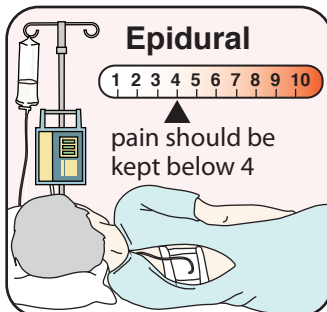
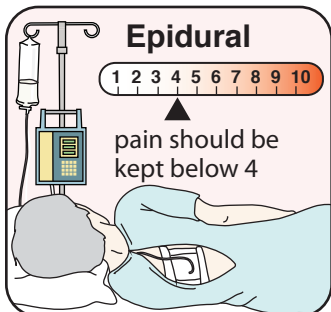
Breathing Exercises



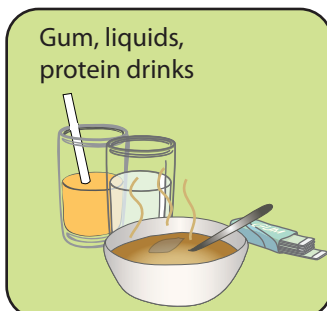
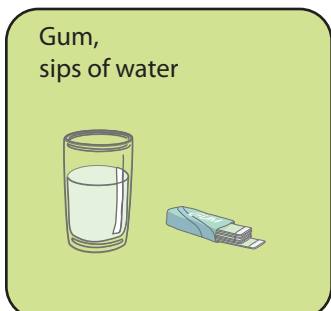
Activities



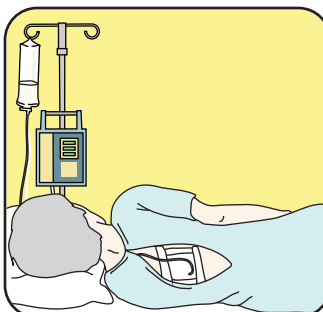
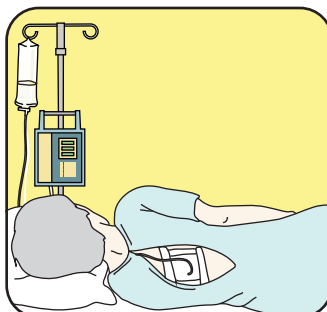
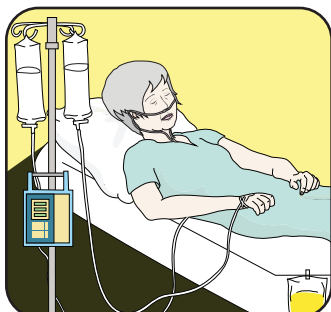
Pain Control



Nutrition



Tubes and Drains



Hôpital général juif
Jewish General Hospital

Centre universitaire
de santé McGill



McGill University
Health Centre

Office d'éducation des patients
Patient Education Office



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Bladder Surgery

	DAY OF SURGERY	1 DAY AFTER SURGERY	2 DAY AFTER SURGERY	3 DAYS AFTER SURGERY UNTIL DISCHARGE
Breathing Exercises	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises
Activities	<ul style="list-style-type: none"> Do leg exercises Sit in a chair with help 	<ul style="list-style-type: none"> Sit in a chair for meals Walk in the hallway 3 times per day, with help Be out of bed for a total of 4 hours 	<ul style="list-style-type: none"> Sit in a chair for meals Walk in the hallway 3 times per day, with help if necessary Be out of bed for a total of 6 hours 	<ul style="list-style-type: none"> Sit in a chair for meals Be out of bed for a total of 8 hours May go home on the 5th day after surgery
Pain Control	<ul style="list-style-type: none"> May have an epidural infusion or PCA pump for pain Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> May have an epidural infusion or PCA pump for pain Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> Have epidural catheter or PCA pump removed if my pain is controlled Start taking pills for pain Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> Take pills for pain Tell my nurse if pain reaches 4/10 on the pain scale
Nutrition	<ul style="list-style-type: none"> Drink sips of water Chew gum for 30 minutes 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Chew gum for 30 minutes, 3 times/day 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat regular food as tolerated Chew gum for 30 minutes, 3 times/day 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat regular food as tolerated Chew gum for 30 minutes, 3 times/day
Tubes and Drains	<p>I may have:</p> <ul style="list-style-type: none"> Oxygen mask or nasal prongs (removed today) Intravenous line Epidural catheter Urinary catheter Belly drain 	<ul style="list-style-type: none"> My urinary catheter may be removed today My intravenous fluid may be stopped today <p>If you have an ileal conduit:</p> <ul style="list-style-type: none"> The enterostomal therapist nurse will show you how to empty your pouch 	<ul style="list-style-type: none"> My intravenous fluid will be stopped today My epidural catheter or my PCA pump will be removed and my pain will be managed with pills <p>If you have an ileal conduit:</p> <ul style="list-style-type: none"> You will learn how to connect and disconnect your pouch from your night drainage system <p>If you have an orthotopic neobladder:</p> <ul style="list-style-type: none"> Your doctor or nurse will irrigate your catheter 	<ul style="list-style-type: none"> My ureteral stents may be removed today <p>If you have an ileal conduit:</p> <ul style="list-style-type: none"> Teaching about ileal conduit care Your urinary catheter may be removed today <p>If you have an orthotopic neobladder:</p> <ul style="list-style-type: none"> Your doctor or nurse will show you how to irrigate your catheter My belly drain may be removed today