

The Path to Home Guide

Whipple Surgery

	Day of surgery	1 Day after surgery	2 Days after surgery	3 Days after surgery until discharge
Breathing exercises	Sitting  10X every hour	Sitting  10X every hour	Sitting  10X every hour	Sitting  10x every hour
Activities		 3X	 3X With help if necessary	
Pain control	Epidural  pain should be kept below 4 	Epidural  pain should be kept below 4 	Epidural  pain should be kept below 4 	  pain should be kept below 4
Nutrition	Gum, ice chips, protein drinks 	Gum, liquids, protein drinks 	Gum, protein drinks, solid foods as tolerated 	Gum, protein drinks, regular food as tolerated 
Tubes and drains				



Hôpital général juif
Jewish General Hospital

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et de services sociaux
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Québec
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Centre universitaire
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Office d'éducation des patients
Patient Education Office

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	Day of surgery	1 Day after surgery	2 Days 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 exercisesSit in a chair with help	<ul style="list-style-type: none">Sit in a chair for mealsWalk in the hallway 3 times, with helpBe out of bed for a total of 8 hours	<ul style="list-style-type: none">Sit in a chair for mealsWalk in the hallway 3 times, with help if necessaryBe out of bed for a total of 8 hours	<ul style="list-style-type: none">Sit in a chair for mealsBe out of bed for a total of 8 hours each dayMay go home on the 5th day after surgery
Pain control	<ul style="list-style-type: none">May have an epidural infusion for painTell my nurse if pain reaches 4/10 on the pain scale	<ul style="list-style-type: none">May have an epidural infusion for painTell my nurse if pain reaches 4/10 on the pain scale	<ul style="list-style-type: none">May have an epidural infusion for painTell my nurse if pain reaches 4/10 on the pain scale	<ul style="list-style-type: none">Have epidural catheter removed if my pain is controlledStart taking pills for painTell my nurse if pain reaches 4/10 on the pain scale
Nutrition	<ul style="list-style-type: none">Ice chips and protein drinks as toleratedChew gum for 30 minutes at least once	<ul style="list-style-type: none">Drink liquids, including protein drinksChew gum for 30 minutes, 3 times per day	<ul style="list-style-type: none">Drink liquids, including protein drinksEat solid food as toleratedChew gum for 30 minutes, 3 times per day	<ul style="list-style-type: none">Drink liquids, including protein drinksEat regular food as toleratedChew gum for 30 minutes, 3 times per day
Tubes and drains	<p>I may have:</p> <ul style="list-style-type: none">Oxygen mask or prongs (removed today)Intravenous lineEpidural catheterUrinary catheterIV in the neck (central line)Abdominal drain	<ul style="list-style-type: none">My urinary catheter may be removed todayMy intravenous fluid may be stopped todayMy central line may be removed today	<ul style="list-style-type: none">My intravenous fluid will be stopped today	<ul style="list-style-type: none">My epidural catheter will be removed and my pain will be managed with pillsMy abdominal drain may be removed today