

SURGERY

Patient Name: _____

Date of Surgery: _____

Type of Surgery: _____

Attending Physician: _____

Other Team Members: _____

Other Team Members: _____

MY DAILY ACTIVITIES^{II} *To Be Kept At Patient's Bedside*

	1st Day After Surgery Date:	2nd Day After Surgery Date:	3rd Day After Surgery Date:	4th-5th Day After Surgery Dates: /
1. How many times will the Care Partner/Nurse "pound" my back (Chest P.T.)?	4 sessions today which will include each of these positions: lying left side up, lying right side up, and upright	4 sessions today which will include each of these positions: lying left side up, lying right side up, and upright	4 sessions today which will include each of these positions: lying left side up, lying right side up, and upright	4 sessions today which will include each of these positions: lying left side up, lying right side up, and upright
2. How many times will I use the incentive spirometer, and cough & deep breathe?	10 puffs each hour while awake, then cough and deep breath 10 times each	10 puffs every other hour while awake, then cough and deep breath 10 times each	10 puffs every other hour while awake, then cough and deep breath 10 times each	10 puffs every other hour while awake, then cough and deep breath 10 times each
3. How often will I be walking down the hall?	Walk twice a day in the hall.	Walk four times a day in the hall.	Walk four times a day in the hall.	Walk four times a day in the hall.
4. What and how much can I eat and drink?	Clear liquids ad lib, except pneumonectomy may have restrictions. May be able to start regular food.	Usually regular diet, except pneumonectomy may have some fluid restrictions.	Usually regular diet, except pneumonectomy may have some fluid restrictions.	Usually regular diet, except pneumonectomy may have some fluid restrictions.
5. What tests or procedures should I expect?	Chest x-ray, dressing change, chest tube assessed daily, and wound check	Chest x-ray, chest tube dressing change, wound check, and possible chest tube removal	Chest x-ray if needed, chest tube dressing change, wound check, and possible chest tube removal	Wound check
6. How will I receive pain medicine?	PCA, epidural, select IVP, or possibly oral medicines based on your needs.	PCA, epidural, select IVP, or possibly oral medicines based on your needs.	If PCA, epidural, or IVP is discontinued, usually oral medicines are given.	Oral medicines
7. Will my bowels move?	No. Some people will require laxatives.	Probably not. Some people will require laxatives.	Probably. Let your nurse know if you have not had a bowel movement.	Probably. Let your nurse know if you have not had a bowel movement.
8. Do I have questions or concerns I need to ask my doctor or nurse?	Feel free to ask	Feel free to ask	Feel free to ask	Feel free to ask
9. How long will I have a urine drainage catheter?	Usually one day, but this may vary.			
10. How long will I have the epidural?	This is variable; usually 2 to 3 days.		The epidural will usually be taken out and oral medications will be started.	
11. Why do I have chest x-rays so early in the morning?	We want the results available for you doctor to review after lung surgery, to evaluate lung expansion and function.			
12. When will my chest tube be removed?	This is variable; usually 2 to 3 days.		When your lung is fully expanded and there is no evidence of any air leaks.	
Nurse AM Nurse PM Care Partner AM Care Partner PM	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

II Please note: These are guidelines, and individual care may vary.