

This information corresponds to the patient education factsheet Esophagus Resection and Recovery.

Post-Operative Day (POD)	Patient Care	Pain Management	Physical Activity	Drain Care
Day of Surgery	<ul style="list-style-type: none"> Labs drawn Electrolyte protocol ICU glucose scale At least 2L O₂ NPO, swabs ok, flush feeding tube Daily mouthwash 	<ul style="list-style-type: none"> Epidural PCA possible IV meds 	<ul style="list-style-type: none"> Dangle feet at bedside Move to chair if possible 	<ul style="list-style-type: none"> Chest tubes on wall suction Dressings PRN Avoid Vaseline gauze or Xeroform gauze
POD 1 (Transfer out of ICU)	<ul style="list-style-type: none"> NPO, swabs ok O₂ titrated to sats above 90% (88% COPD) May shave if stable; avoid surgical site Daily mouthwash 	<ul style="list-style-type: none"> Epidural PCA possible IV meds 	<ul style="list-style-type: none"> Sit in chair at least 2 times Walk in hall at least 2 times 	<ul style="list-style-type: none"> Chest tubes on wall suction, except when walking Dressings PRN
POD 2	<ul style="list-style-type: none"> Continue O₂ titration NPO, swabs ok, start tube feeds Daily mouthwash 	<ul style="list-style-type: none"> Epidural PCA possible IV meds 	<ul style="list-style-type: none"> Sit in chair at least 3 times (during meals) Walk in hall at least 3 times (goal: 1 mile) 	<ul style="list-style-type: none"> Chest tubes to water seal Dressings changed Q48 hours
POD 3	<ul style="list-style-type: none"> NPO until swallow test for pts >75 years or with swallow trouble Sips of clear liquids, titrate tube feeds toward goal May shower; cover chest tube sites and keep tubes as dry as possible Daily mouthwash 	<ul style="list-style-type: none"> Wean epidural PO elixirs 	<ul style="list-style-type: none"> Sit in chair at least 3 times (during meals) Walk in hall often (goal: at least 1 mile) 	<ul style="list-style-type: none"> Chest tubes to water seal Chest tubes removed (possible) Dressings PRN Neck JP or penrose removed
General Information	<ul style="list-style-type: none"> Diet advances every day after POD 3 until on soft foods and swallow study passed. Expect D/C Epidural/PCA POD 3-4 Hospital discharge goal between POD 7-Unspecified Chest tube locations: If 2 present, anterior and posterior; If 3 present, anterior, middle, and posterior. Chest tube dressings: Change Q48 hours and PRN; Avoid Vaseline gauze and Xeroform gauze on incision (Vaseline/Xeroform gauze must still be present at bedside). After chest tube removal, leave gauze and foam tape dressing on for 48 hours. May leave incision open to air after 48 hours unless draining. 			