

When you can leave the hospital, called discharge day, depends on your type of surgery and recovery.

Post-Operative Day (POD)	Diet	Hygiene	Pain Management	Physical Activity	Drain Care
Day of Surgery	<ul style="list-style-type: none"> Oral swabs ONLY Nothing to eat or drink Feeding tube flushed 	<ul style="list-style-type: none"> Get fresh bed linens Have bed bath with help Wash hands often 	<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 changed if needed
POD 1 (Transfer out of ICU)	<ul style="list-style-type: none"> Oral swabs ONLY Nothing to eat or drink 	<ul style="list-style-type: none"> Get fresh bed linens Have bed bath with help Wash hands often If shaving, careful of incision 	<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 changed if needed
POD 2	<ul style="list-style-type: none"> Oral swabs ONLY Nothing to eat or drink Nutrition by feeding tube 	<ul style="list-style-type: none"> Get fresh bed linens Have bed bath with help Wash hands often If shaving, careful of incision 	<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
POD 3	<p>If 75 years+ or have hard time swallowing: Nothing by mouth until swallow test.</p> <p>If test OK and for all other patients:</p> <ul style="list-style-type: none"> Tube feeds increased Sips of clear liquids Ice chips 	<ul style="list-style-type: none"> Get fresh bed linens Shower with chest tube sites covered Wash hands often 	<ul style="list-style-type: none"> Epidural PCA possible Begin move to oral liquid pain meds 	<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 One chest tube removed (possible) Dressings changed if needed
POD 4-7	<ul style="list-style-type: none"> POD 4: Increase diet to clear liquids. Remove epidural/PCA if applicable. Continue in all areas listed in POD 3. POD 5: Increase diet to full liquids. Continue progress in all areas listed in POD 3. POD 6: Increase diet to soft foods as directed. Continue progress in all areas listed in POD 3. POD 7: Discharge from the hospital possible, if swallow study OK. Your medical team will work with you every day to help you meet your goals. 				