

This information corresponds to the patient education factsheet Hiatal Hernia Repair 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 if present 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 until swallow test for pts >75 years or with swallow trouble Sips of clear liquids; begin tube feeds if present 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, water seal when walking Dressings PRN
POD 2	<ul style="list-style-type: none"> Continue O₂ titration Sips of clear liquids; continue tube feeds if present 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"> Clear liquid diet; titrate tube feeds if present 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 Neck drains removed (possible) One chest tube removed (possible) Dressings PRN
General Information	<ul style="list-style-type: none"> Diet advances every day after POD 3 until on soft foods and swallow study passed. Hospital discharge goal between POD 5-Unspecified Chest tube locations: Anterior medial tube = anterior apical site; Posterior tube = posterior apical site; Middle tube = middle inferior basilar site 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. 			