

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
<b>Day of Surgery</b>	<ul style="list-style-type: none"> <li>• Oral swabs ONLY</li> <li>• Nothing to eat or drink</li> <li>• Feeding tube flushed, if present</li> </ul>	<ul style="list-style-type: none"> <li>• Get fresh bed linens</li> <li>• Have bed bath with help</li> <li>• Wash hands often</li> </ul>	<ul style="list-style-type: none"> <li>• Epidural</li> <li>• PCA possible</li> <li>• IV meds</li> </ul>	<ul style="list-style-type: none"> <li>• Dangle feet at bedside</li> <li>• Move to chair if possible</li> </ul>	<ul style="list-style-type: none"> <li>• Chest tubes on wall suction</li> <li>• Dressings changed if needed</li> </ul>
<b>POD 1 (Transfer out of ICU)</b>	If 75 years+ or have hard time swallowing: Nothing by mouth until <b>swallow test</b> . If test OK and for all other patients: <ul style="list-style-type: none"> <li>• Oral swabs</li> <li>• Sips of clear liquids</li> <li>• Ice chips</li> <li>• Nutrition by feeding tube, if present</li> </ul>	<ul style="list-style-type: none"> <li>• Get fresh bed linens</li> <li>• Have bed bath with help</li> <li>• Wash hands often</li> </ul>	<ul style="list-style-type: none"> <li>• Epidural</li> <li>• PCA possible</li> <li>• IV meds</li> </ul>	<ul style="list-style-type: none"> <li>• Sit in chair at least 2 times</li> <li>• Walk in hall at least 2 times</li> </ul>	<ul style="list-style-type: none"> <li>• Chest tubes on wall suction, except when walking</li> <li>• Dressings changed if needed</li> </ul>
<b>POD 2</b>	<ul style="list-style-type: none"> <li>• Sips of clear liquids</li> <li>• Ice chips</li> <li>• Nutrition by feeding tube, if present</li> </ul>	<ul style="list-style-type: none"> <li>• Get fresh bed linens</li> <li>• Have bed bath with help</li> <li>• Wash hands often</li> </ul>	<ul style="list-style-type: none"> <li>• Epidural</li> <li>• PCA possible</li> <li>• IV meds</li> </ul>	<ul style="list-style-type: none"> <li>• Sit in chair at least 3 times (during meals)</li> <li>• Walk in hall at least 3 times (goal: 1 mile)</li> </ul>	<ul style="list-style-type: none"> <li>• Chest tubes to water seal</li> <li>• Dressings changed</li> </ul>
<b>POD 3</b>	<ul style="list-style-type: none"> <li>• Stop tube feeding (possible)</li> <li>• Clear liquids</li> <li>• Ice chips</li> </ul>	<ul style="list-style-type: none"> <li>• Get fresh bed linens</li> <li>• Shower with chest tube sites covered</li> <li>• Wash hands often</li> </ul>	<ul style="list-style-type: none"> <li>• Epidural removed</li> <li>• PCA possible</li> <li>• Begin transition to oral liquid pain meds</li> </ul>	<ul style="list-style-type: none"> <li>• Sit in chair at least 3 times (during meals)</li> <li>• Walk in hall often (goal: at least 1 mile)</li> </ul>	<ul style="list-style-type: none"> <li>• Neck drains removed (possible)</li> <li>• One chest tube removed (possible)</li> <li>• Dressings changed if needed</li> </ul>
<b>POD 4-5</b>	<ul style="list-style-type: none"> <li>• POD 4: Increase diet to full liquids. Remove PCA if you have one. Continue progress in all areas listed above in POD 3.</li> <li>• POD 5: Increase diet to soft foods. Continue progress in all areas listed in POD 3. Discharge from the hospital possible, if swallow study OK.</li> <li>• Your medical team will work with you every day to help you meet your goals.</li> </ul>				