

Pneumonectomy and Lobectomy Recovery for Patients

Pneumonectomy (or pneumectomy) is surgery to remove a lung. Lobectomy is surgery to remove one lobe of the lung. When you can leave the hospital, called discharge day, depends on type of surgery and your recovery. On average, patients who had video-assisted surgery go home sooner than those who had open-chest surgeries.

| Post-Operative Day (POD) | Diet | Hygiene | Pain Management | Physical Activity | Drain Care |
|--|---|---|---|--|--|
| Day of Surgery | Nothing by mouth | <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 • Additional pain meds | <ul style="list-style-type: none"> • Dangle feet at bedside • Move to chair if possible | <ul style="list-style-type: none"> • Chest tubes to water seal only • Dressings changed if soaked |
| POD 1 (Transfer out of ICU) | <p>Swallow test before anything by mouth</p> <ul style="list-style-type: none"> • For all <u>pneumonectomy</u> patients • For <u>lobectomy</u> patients over age 75 or with trouble swallowing <p>If swallow tests is OK:</p> <ul style="list-style-type: none"> • Sips of clear liquid • Mouth swabs • Ice chips | <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 • Start switch to oral pain 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 to water seal • Dressings changed if soaked |
| POD 2 | <ul style="list-style-type: none"> • Eat food as able • Treat nausea | <ul style="list-style-type: none"> • Get fresh bed linens • Shower with surgery sites covered • Wash hands often | <ul style="list-style-type: none"> • Epidural weaned • Continue switch to oral pain 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 • One chest tube removed (possible) • Dressings changed |
| POD 3 (Possible discharge home) | <ul style="list-style-type: none"> • Eat food as able • Treat nausea | <ul style="list-style-type: none"> • Get fresh bed linens • Shower with surgery sites covered • Wash hands often | <ul style="list-style-type: none"> • Oral pain meds only | <ul style="list-style-type: none"> • Sit in chair at least 3 times (during meals) • Walk in hall often (goal: more than 1 mile) | <ul style="list-style-type: none"> • Chest tubes to water seal • All chest tubes removed (possible) • Dressings changed if soaked |
| POD 4-7 | <ul style="list-style-type: none"> • Continue in all areas listed above until you are ready to leave the hospital. • Your medical team will work with you every day to help you meet your goals. | | | | |