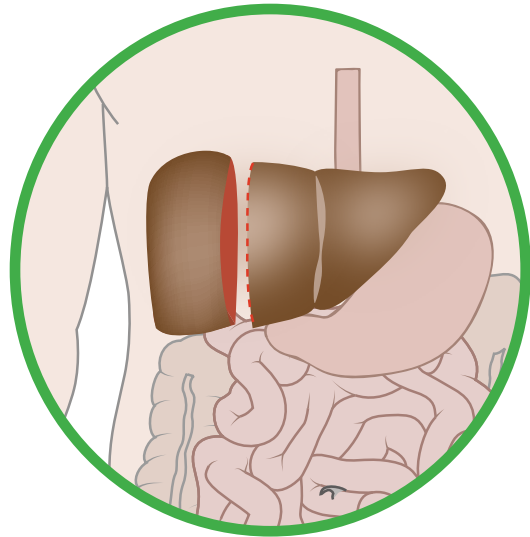


Path to Home Guide: Liver Surgery



Centre universitaire de santé McGill  McGill University Health Centre

Bureau d'éducation des patients
Patient Education Office

PRET SURE
Parcours de rétablissement chirurgical du CUSM
MUHC Surgery Recovery Program



This material is also available through the
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	DAY of SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY	3 DAYS AFTER SURGERY	4 DAYS AFTER SURGERY
Breathing Exercises					
Activities					
Pain Control					
Nutrition					
Tubes & Drains					

Path to Home Guide: Liver Surgery

	Day of surgery	1 Day after Surgery	2 Days after Surgery	3 Days after Surgery	4 Days after Surgery
Breathing Exercises	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises 	<ul style="list-style-type: none"> Do breathing exercises
Activities	<ul style="list-style-type: none"> Do leg exercises Sit in a chair with help 	<ul style="list-style-type: none"> Sit in a chair for meals Walk in the hallway 3 times, with help Be out of bed for a total of 6 hours 	<ul style="list-style-type: none"> Sit in a chair for meals Walk in the hallway 3 times Be out of bed for a total of 6 hours 	<ul style="list-style-type: none"> Sit in a chair for meals Walk in the hallway 3 times Be out of bed for a total of 6 hours 	<ul style="list-style-type: none"> Sit in a chair for meals Be out of bed for a total of 6 hours Go home today
Pain Control	<ul style="list-style-type: none"> Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> Have an epidural infusion for pain Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> Start taking pills for pain Have epidural catheter removed if my pain is controlled Tell my nurse if pain reaches 4/10 on the pain scale 	<ul style="list-style-type: none"> Tell my nurse if pain reaches 4/10 on the pain scale
Nutrition	<ul style="list-style-type: none"> Drink clear liquids as tolerated Chew gum for 30 minutes 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat regular food as tolerated Chew gum for 30 minutes, 3 times/day 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat regular food as tolerated Chew gum for 30 minutes, 3 times/day 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat regular food as tolerated Chew gum for 30 minutes, 3 times/day 	<ul style="list-style-type: none"> Drink liquids, including protein drinks Eat regular food as tolerated Chew gum for 30 minutes, 3 times/day
Tubes & Lines	<p>I may have:</p> <ul style="list-style-type: none"> Oxygen mask or prongs (may be removed today) Intravenous line Epidural catheter Urinary catheter 	<ul style="list-style-type: none"> My urinary catheter will be removed today My intravenous line will be removed when I am drinking well 	<ul style="list-style-type: none"> My intravenous line will be removed when I am drinking well 	<ul style="list-style-type: none"> My epidural catheter will be removed and my pain will be managed with pills 	<ul style="list-style-type: none"> None