

Bowel Surgery Recovery

	Day of Surgery	1 Day After Surgery	2 Day After Surgery	3 Day After Surgery
Nutrition	Gum, liquids 	Solid food, gum and liquids 	Solid food, gum and liquids 	Solid food and liquids
Pain control	1 2 3 4 5 6 7 8 9 10 ▲ below 4 	1 2 3 4 5 6 7 8 9 10 ▲ below 4 	1 2 3 4 5 6 7 8 9 10 ▲ below 4 	1 2 3 4 5 6 7 8 9 10 ▲ below 4
Breathing exercises	5-10X every hour 	5-10X every hour 	5-10X every hour 	5-10X every hour
Tubes & lines				
Activities		1X or more daily 	2X or more daily 	3X or more daily