

MY PECTUS POST-OP SCHEDULE

	Day of Surgery	Post-op Day 1	Post-op Day 2	Post-op Day 3-4
Date:				
GOAL:	1. Relax 2. Sleep 3. Drink and eat (as tolerated)	1. Get out of bed 2. Drink and eat	1. Walk 2. Eat 3. Transition to meds by mouth	1. Walk 2. Eat 3. Take pain meds by mouth
ACTIVITY:	SIT UP in bed with support. Your nurse will help adjust your bed.	GET OUT OF BED and sit in a chair 3 times. The physical therapist will help you.	GET OUT OF BED and WALK in your room and the hall. Your nurse and the physical therapist will help you.	GET OUT OF BED and WALK in your room and the hall. Your nurse and the physical therapist will help you.
DIET:	Regular diet Nausea and vomiting are common, take it slow	Regular diet Eat small amounts of food at a time	Regular diet Drink plenty of fluids	Regular diet
PAIN CONTROL:	IV pain medicine	IV pain medicine	Start taking pain meds by mouth.	Transition to ALL meds by mouth
BATHROOM:	Bladder catheter	Your nurse will REMOVE your bladder catheter today or tomorrow	Up to toilet to pee and poop	Up to toilet to pee and poop
EXERCISES:	Begin using the incentive spirometer	Use incentive spirometer at least 5 times today Work with physical therapist	Use incentive spirometer at least 5 times today Work with physical therapist	Use incentive spirometer at least 5 times today Work with physical therapist
OTHER MEDICATIONS:	Post-operative antibiotics Stool softener / laxative	Post-operative antibiotics stop today Stool softener / laxative	Stool softener / laxative	Stool softener / laxative
DIAGNOSTIC TESTS:	Chest x-ray in recovery room	Blood work (CBC, BMP)	PA and lateral chest x-ray	