

Hospital Discharge and Post-Hospital Recovery

You can go home when:

- Oral medication controls your pain
- Activity such as sitting in a chair and walking is tolerated
- Bowel function has returned
- Your diet is tolerated well

Once you leave the hospital, do the following things to continue your recovery:

Continue to increase your activity by going for short walks several times a day. Try to spend most of the day out of bed, either walking or sitting in a chair.

Focus on nutrition as you follow the diet your surgeon recommends. Eat small meals throughout the day rather than consuming three larger meals.

Return for a follow-up appointment. Check your printed discharge instructions for when you need to schedule a follow-up appointment.

Take your oral pain medications as prescribed to promote rest and continued healing.

Keep a positive outlook to help your recovery.

When to Call Your Doctor

Call your doctor if you have any questions about your recovery, as well as if you experience any of the following symptoms:

- Chest pain
- Increasing abdominal pain or bloating
- Nausea or vomiting lasting longer than four hours
- Redness or drainage from your wound
- Shaking or chills
- Shortness of breath
- Temperature greater than 100.4 degrees Fahrenheit

By following the recovery pathway described here, you can help ensure a quicker recovery, shorter hospital stay and fewer potential complications following your surgery. Please speak with your surgical team if you have any questions about the Enhanced Recovery Pathway – and thank you for entrusting your care to AdventHealth.



Enhanced Recovery Pathway for Surgery Patients




AdventHealth

[AdventHealth.com](https://www.adventhealth.com)

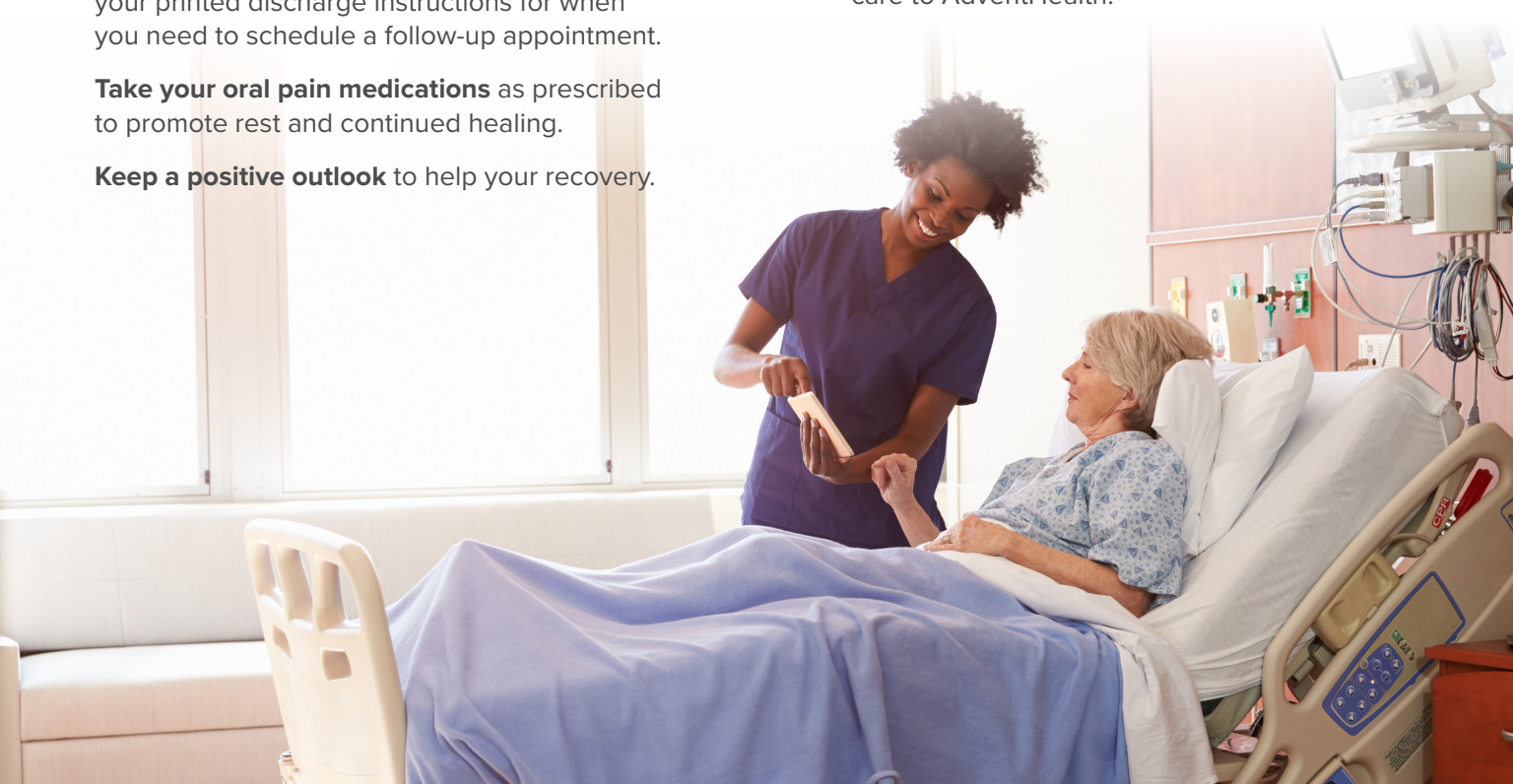
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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

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19-NURSADM-04967 Item ID: 1828316


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What is an Enhanced Recovery Pathway?

An Enhanced Recovery Pathway program consists of four steps: preparing for your surgery, day of surgery steps, post-surgical hospital recovery and healing after you leave the hospital.

Patients who actively participate in the Enhanced Recovery Pathway program usually leave the hospital sooner, recover more quickly and experience fewer side effects from surgery. With this program, your team works with you to ensure:

- Adequate rest through optimal pain control
- Good nutrition by eating and drinking soon after surgery
- Increased activity by getting out of bed soon after surgery

Before Your Surgery

Please follow these guidelines to prepare for surgery:

- Stop eating solid food after midnight before your surgery. Continue to drink clear liquids until two hours before surgery. Having enough liquid in your system will speed up the return of normal bowel function.
- Allowable clear liquids include:
 - Black coffee (no milk or cream)
 - Clear tea (no milk)
 - Fruit juice without pulp
 - Sports drinks
 - Water

- Arrange for a friend or family member to be your “recovery coach.” Most patients do better if they connect with family and friends who can spend time with them and encourage activity, good nutrition and rest.

- In the pre-operative area (or in the recovery area after surgery), your nurse will teach you how to use an incentive spirometer. Be sure to practice with it until you are taken into the operating room and use it after surgery as instructed.



Incentive Spirometer

After Your Surgery

The goal of an Enhanced Recovery Pathway after surgery is to return your body to normal function as soon as possible. There are some general guidelines to follow. Your plan may be adjusted to meet your needs. Follow these guidelines for a quicker recovery:

Eating and Drinking

Liquids will be offered to you soon after surgery. Starting to drink liquids right away helps you recover more quickly.

Time Out of Bed

Walking encourages your bowel function to return to normal, while activity in general speeds recovery and reduces complications. Sitting in a chair, standing or walking, or a combination of these are common activities. Each day after surgery, expect to spend more time out of bed. Some patients may have a tube in their bladder, called a urinary catheter (Foley). The catheter will be removed as soon as possible after your surgery, depending on your type of surgery.

Pain Control

Pain control is important. Patients who participate in an Enhanced Recovery Pathway experience

less pain. Be sure to tell your team if pain keeps you from being active, eating, resting or using your incentive spirometer.

The goal for your pain control is to keep your discomfort at a tolerable level so you can participate in recovery activities. It is important for you to let your team know how much pain you’re feeling. This helps the team adjust your medication. Your team will ask you to rate your pain.

Medication

Some pain medications, such as narcotics, slow the function of your body’s organs. During and after surgery, your pain is controlled using mostly non-narcotic medications, such as acetaminophen (Tylenol) or ketorolac (Toradol). Non-narcotic medications help your organs quickly return to their normal functions. There are also other methods of pain control. Your health care team will explain these to you.

FIRST FOUR DAYS POST-SURGERY

| | Day 1 (Day of Surgery) | Day 2 | Day 3 | Day 4 |
|-------------------|---|---|---|---|
| PAIN CONTROL | Your recovery activities will begin shortly after surgery. Rate your pain and tell your team. | Pain pills are used to provide pain control. If these medicines do not control your pain, let your nurse know. | Before you leave the hospital, your nurse will review your home recovery plan. You will continue taking oral pain medications. You may also be given a narcotic pain pill. | You will continue taking pain pills as needed. |
| TIME OUT OF BED | If your surgery was completed before 2 pm, expect to be out of bed at least twice. Walking to the bathroom or getting up to a chair is a great start. If your surgery was completed after 2 pm, expect to be out of bed at least once. | The goal is to be out of bed and walk three times in the hall, along with sitting in a chair for your meals. Activity improves the health of the body, mind and spirit. | Your goal is to get out of bed three to five times today. This includes both sitting in a chair for meals and participating in an activity like walking in the hall. | Your goal is to get out of bed a minimum of five times. This includes sitting up in a chair for meals and doing an activity like walking in the hall. |
| EATING & DRINKING | Drink liquids provided. Many patients are offered full liquids a few hours after their surgery. Full liquids include: strained creamy soups, tea, juice, Jell-O, milkshakes, pudding, popsicles | Your care team will determine the type of diet you should be on. Eat and drink small amounts slowly. | You may begin eating small, frequent amounts of solid foods. You won’t be given anything fried or spicy. Fresh fruits and vegetables are limited. | You may consistently eat solid foods. |