

Path to Home Guide : Bowel Surgery

	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Nutrition	gum, liquids, protein drinks 	solid food, gum, liquids, protein drinks 	continue diet as tolerated 	continue diet as tolerated
Activities		3X or more daily 	3X or more daily 	
Breathing exercises	10 X every hour sitting 	10 X every hour sitting 	10 X every hour sitting 	10 X every hour sitting
Pain control	epidural / IV 1 2 3 4 5 6 7 8 9 Pain is at a level comfortable for you 	epidural / IV 1 2 3 4 5 6 7 8 9 10 Pain is at a level comfortable for you 	pills 1 2 3 4 5 6 7 8 9 10 Pain is at a level comfortable for you 	pills 1 2 3 4 5 6 7 8 9 10 Pain is at a level comfortable for you
Tubes & lines				