



How you want to be treated.

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Topics	Surgery day	Day 1	Day 2	Day 3	Day 4 (until discharge)
How will I feel?	You will likely be needing a lot of rest. You will probably feel very sleepy.	You should feel a bit stronger today but might still feel tired. Rest often.	Today, you'll start feeling stronger, but you will also be tired. Rest often.	You will feel stronger today. But don't overdo it! Rest often.	You will continue to feel stronger. Don't push yourself too hard. Rest often.
How is my pain treated?	<ul style="list-style-type: none"> - Pain pump - Regular acetaminophen (Tylenol) every 6 hours - Other medication Try some relaxation techniques to help with pain. Deep breathing, warm blankets, and listening to music might help.	<ul style="list-style-type: none"> - Pain pump - Regular acetaminophen (Tylenol) every 6 hours - Other medication Try some relaxation techniques to help with pain. Deep breathing, warm blankets, and listening to music might help.	<ul style="list-style-type: none"> - Regular acetaminophen (Tylenol) every 6 hours - Other medication Try some relaxation techniques to help with pain. Deep breathing, warm blankets, and listening to music might help.	<ul style="list-style-type: none"> - Regular acetaminophen (Tylenol) every 6 hours - Other medication Try some relaxation techniques to help with pain. Deep breathing, warm blankets, and listening to music might help.	Try sticking to relaxation techniques, such as deep breathing, warm blankets, and listening to music. If you need medication, you may have: <ul style="list-style-type: none"> - Regular acetaminophen (Tylenol) every 6 hours - Other medication
What is my activity?	It is important to start moving right after surgery. With help, you will get up to a chair or sit on the edge of the bed for 15 minutes at a time. Every hour that you are awake you should do: <ul style="list-style-type: none"> - Deep breathing and coughing - Leg exercises while in bed At least every 2 hours you should change your position in bed.	With help, you will get up to walk short distances (60 metres 3 times per day). We will also help you walk to the bathroom. You will sit up for meals in a chair. Every hour that you are awake you should do: <ul style="list-style-type: none"> - Deep breathing and coughing - Leg exercises while in bed At least every 2 hours you should change your	The activities today include: <ul style="list-style-type: none"> - Getting up to a chair without help - Sit up in a chair for all meals - Walk to the bathroom with someone standing by. Every hour that you are awake you should do: <ul style="list-style-type: none"> - Deep breathing and coughing - Leg exercises 	The activities today include: <ul style="list-style-type: none"> - Sit up in a chair for all meals - Walk to the bathroom without help Every hour that you are awake you should do: <ul style="list-style-type: none"> - Deep breathing and coughing - Leg exercises while in bed At least every 2 hours you should change your	You will continue to: <ul style="list-style-type: none"> - Sit up in a chair for all meals - Do deep breathing and coughing exercises - Take a walk around the unit for one or more laps at least 3 times on your own.

Sites: St. Paul's Hospital | Holy Family Hospital | Mount Saint Joseph Hospital | Youville Residence | St. John Hospice
St. Vincent's: Brock Fahmi, Langara, Honoria Conway - Heather | Crosstown Clinic

Community Dialysis Clinics: Sechelt | Richmond | Powell River | Squamish | North Shore | Vancouver | East Vancouver

		position in bed.	while in bed At least every 2 hours you should change your position in bed. At least 3 times per day, walk around the unit with someone standing by in case you need help.	position in bed. At least 3 times per day, walk around the unit on your own.	
What can I eat?	You will be able to start drinking liquids the after your surgery. We may offer you a liquid protein drink You may feel nauseous when you start eating but nausea medication will be given every 8 hours.	You may be started on a low-fibre diet but otherwise you may eat what you normally ate before your surgery. You will be able to drink 2 liquid protein drinks today. We encourage you to chew gum for up to 30 minutes, 3 times per day. Tell your nurse if you pass gas or have a bowel movement. You may receive nausea medication if you need it.	You should be able to return to eating and drinking normally. Your diet may be different depending on the surgery you had. Drink 2 liquid protein drinks We encourage you to chew gum for up to 30 minutes, 3 times per day. Tell your nurse if you pass gas or have a bowel movement. You may receive nausea medication if you need it.	You should be able to return to eating and drinking normally. Your diet may be different depending on the surgery you had. Drink 2 liquid protein drinks We encourage you to chew gum for up to 30 minutes, 3 times per day.	You should be able to return to eating and drinking normally. Your diet may be different depending on the surgery you had. Drink 2 liquid protein drinks
Can I wash? Can we move up shower day? Jet not facing the incision	We will help you in the evening to get washed before bed.	You can wash at your bedside or in the bathroom. You may need help to get set up.	You can wash at your bedside or in the bathroom.	You are now able to have a shower today. Remember try and not let the water spray your incision.	Take a shower whenever you like. Remember to try and not let the water spray your incision.