

Path to Home Guide : Bowel Surgery

	Day of Surgery	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery
Breathing exercises	<p>5 X every hour sitting</p>	<p>5 X every hour sitting</p>	<p>5 X every hour sitting</p>	<p>5 X every hour sitting</p>
Activities		<p>3X daily</p>	<p>3X daily</p>	
Pain control	<p>epidural / PCA / pills</p> <p>pain is at a level comfortable for you</p>	<p>epidural / PCA / pills</p> <p>pain is at a level comfortable for you</p>	<p>epidural / pills</p> <p>pain should be kept below 4</p>	<p>pills</p> <p>pain should be kept below 4</p>
Nutrition	<p>gum, clear liquids, protein drinks</p>	<p>soft food & gum, protein drinks</p>	<p>solid food & gum, protein drinks</p>	<p>solid food & gum, protein drinks</p>
Tubes & lines				