

# What can I expect during my stay at the hospital and what will be expected of me?

	Day of Surgery	1st Day After Surgery	2nd Day After Surgery	3rd Day After Surgery
Teaching	You will be instructed on post surgery expectations, CVICU visitation policies, and what your anticipated discharge day will be.	You will be oriented with 7 East and you will review all post surgery expectations from previous day with Nursing and Case Management to initiate discharge planning.	You will be instructed on lifting; activity restrictions will be reviewed. If you smoke, you will be given a "Smoking Cessation" packet. Dietician will instruct you on dietary needs.	You and your family will be instructed on risk factors, medications, new treatments, personal care, and follow up care upon leaving the hospital.
Tests/ Treatments/ Procedures	You will begin using an incentive spirometer, blood work will be drawn, and a chest x-ray will be done after surgery; You will be weighed before surgery.	Your urine catheter and arterial line will be removed. Blood work may be drawn and a chest x-ray and/or EKG may be done. You will be weighed prior to 5AM.	Your chest tubes will be removed provided there is no air leak. You may have a chest x-ray. You will be weighed prior to 5AM.	A follow up appt will be scheduled with CT Surgeons. Blood work may be done prior to discharge. You will be weighed prior to 5AM.
Blood Sugar Management	You will be on an IV Insulin infusion with your blood glucose checked frequently.	You will be weaned off insulin infusion and started on insulin injections if needed with your blood glucose checked frequently.	You will continue to be treated with Insulin injections and dietary restrictions. You will most likely have a different doctor managing your blood glucose and you will be instructed on managing your blood glucose at home.	You will continue to be treated with insulin injections and dietary restrictions. We will continue to monitor your blood glucose and evaluate/ instruct your need for insulin use at home.
Pain Control	You will be instructed regarding pain management, using 0-10 pain scale, and you will be medicated as indicated to maintain comfort. Tell your nurse if you are having pain.	Your pain level will be assessed as necessary and you will be medicated as indicated to maintain comfort level. Tell your nurse if you are having pain.	Your pain level will be assessed as necessary and you will be medicated as indicated to maintain comfort level. Tell your nurse if you are having pain.	Your pain level will be assessed as necessary and you will be medicated as indicated to maintain comfort level. Tell your nurse if you are having pain.
Breathing/ Respiratory	You will be on a ventilator for a short time after you wake up from surgery. Your breathing tube (not chest tubes) will be removed within 4-6 hrs after surgery	You will use an incentive spirometer. You will also make yourself cough and breathe deeply every 1 hour while awake. This will always be done while holding your heart pillow. Your chest tubes will most likely still be in place.	You will continue using an incentive spirometer. You will also continue to make yourself cough and breathe deeply every 1 hr while awake. You will continue doing this using your heart pillow.	You will continue to use incentive spirometer. You will also continue to make yourself cough and breathe deeply every 1 hr while awake. You will continue using your heart pillow while performing these activities.
Activity Level	You will sit up in bed with legs dangling after your breathing tubes are removed. You will sit for 15 minutes with assistance within a 4-6 hrs after surgery.	You will sit in a straight back chair for all 3 meals and will begin walking in hallway. If your leg has incisions, you will elevate it.	In addition to eating meals in chair, you will walk down hallway 3 times today (100 ft < 60yrs of age; 50 ft if > 60 yrs of age)	In addition to eating all meals in chair, you will walk a lap around 7 East hallway 3 times today.
Nutrition/Diet	Your diet will be prescribed by your physician according to your needs. (Typical patient will be limited to ice chips and liquid diet).	Your diet will be prescribed by your physician according to your needs. (Typical patient will begin a low sodium, low sugar diet).	Your diet will continue to advance as tolerated.	Your diet will continue as tolerated until discharged.
Self Care/ Bathing	You will complete a scrub before surgery. You will be able to feed yourself after surgery.	You will be bathed with nursing assistance.	You may bathe bedside or in the bathroom with nursing assistance.	You will bathe in the bathroom and possibly shower with surgeon's permission with nursing assistance.
Bathroom	A urine catheter will be in your bladder after surgery.	Your catheter will be removed and you will begin using your bedside toilet to go to the bathroom.	You will be up to the bathroom as needed with nursing assistance. If you have not had a bowel movement, medication will be given to initiate one.	You will be up to the bathroom as needed with nursing assistance.
Family Involvement	Once patient is stabilized, family will be allowed in CVICU. The primary support person will provide emotional support to the patient. Regular visitation times are set for every 3 hours during the day. Two visitors will be allowed at the bedside at intervals of 10-15 minutes.	Primary support person will provide emotional support to patient. Besides primary support person, visitation should be limited to immediate family members with concern for patient's recovery.	Primary support person may begin assisting with patient's self care, physical needs, or physical activity. Besides primary support person, visitation should be limited to immediate family members with concern for patient's recovery.	Primary support person will be instructed regarding discharge of patient and care of patient at home. Besides primary support person, visitation by family and friends is welcomed and encouraged.

If 4th day is Necessary, refer to 3rd day expectations.

