

# Lung Resection Pathway

Every person is different; your experience may not follow this pathway exactly. Your doctor or nurse will tell you what to expect.

|  | Before Surgery  | Day of Surgery   | 1 to 2 Days After Surgery   | 3 to 5 Days After Surgery   | Discharge   |
|--|---|--|---|---|---|
| <p><i>What should I do?</i></p>   | <ul style="list-style-type: none"> <li>Do not smoke</li> <li>Exercise 30 minutes every day (for example walk 1 mile everyday)</li> </ul> <p>The night before surgery</p> <ul style="list-style-type: none"> <li>Wash with Hibiclens®</li> </ul>   | <ul style="list-style-type: none"> <li>Wash with Hibiclens® in the morning</li> </ul>  | <ul style="list-style-type: none"> <li>Incentive spirometer</li> <li>Coughing and deep breathing exercises</li> <li>Sit up in a chair</li> <li>Walk 1 mile everyday (14 laps)</li> <li>Learn about caring for your incisions</li> </ul> | <ul style="list-style-type: none"> <li>Incentive spirometer</li> <li>Coughing and deep breathing exercises</li> <li>Walk 1 mile everyday (14 laps)</li> <li>Learn about caring for your incisions, drains, and tubes</li> </ul> | <ul style="list-style-type: none"> <li>Do not drive until your doctor tells you it's ok</li> <li>Do not lift more than 10 pounds for 6 weeks</li> <li>Increase your physical activity as much as you can everyday</li> <li>Remove dressing 2 days after chest tube removal &amp; shower</li> <li>Call your doctor if you have not had a bowel movement in 48 hours</li> </ul> |
| <p><i>What tests, procedures and medical devices should I expect?</i></p>  | <p>Pre-surgical testing appointment</p> <ul style="list-style-type: none"> <li>Bring a list of all medicines you take with you</li> <li>The nurse practitioner may order additional tests or doctor's visits</li> </ul>   | <p>Before surgery</p> <ul style="list-style-type: none"> <li>Intravenous (IV) line</li> <li>Epidural catheter</li> </ul> <p>After surgery</p> <ul style="list-style-type: none"> <li>Chest tube(s)</li> <li>Urinary catheter</li> <li>Compression boots</li> </ul> | <ul style="list-style-type: none"> <li>IV fluids</li> <li>Chest tube(s)</li> <li>Urinary catheter</li> <li>Blood tests</li> <li>Chest x-ray</li> <li>Epidural catheter</li> </ul>   | <ul style="list-style-type: none"> <li>Urinary catheter</li> <li>Blood tests</li> <li>Chest x-ray</li> </ul>  | <ul style="list-style-type: none"> <li>You may go home with drains- your nurse will teach you how to care for them</li> <li>Your IV line will be removed</li> </ul>   |
| <p><i>What medicines will I take?</i></p>                                 | <ul style="list-style-type: none"> <li>Talk to your doctor about when to stop blood thinners, including aspirin, nonsteroidal anti-inflammatory medicines, and herbal medicines</li> </ul>  | <ul style="list-style-type: none"> <li>Take only medicines you were instructed to take with a small sip of water</li> </ul>  | <ul style="list-style-type: none"> <li>Pain medicine in your IV or epidural catheter</li> <li>Blood thinner injections</li> </ul>   | <ul style="list-style-type: none"> <li>Pain medicine</li> <li>Stool softeners</li> <li>Start taking your regular medicines as directed by your healthcare team</li> </ul>   | <ul style="list-style-type: none"> <li>You will receive prescriptions for pain medicine and stool softeners</li> </ul>  |
| <p><i>What can I eat and drink?</i></p>                                   | <ul style="list-style-type: none"> <li>Do not drink alcohol</li> <li>Eat a healthy diet</li> </ul> <p>The night before surgery</p> <ul style="list-style-type: none"> <li>Nothing to eat or drink after midnight </li> </ul> | <ul style="list-style-type: none"> <li>Do not eat or drink anything </li> <li>Take only the medicines your doctor or nurse practitioner instructed you to take</li> </ul>       | <ul style="list-style-type: none"> <li>Advance your diet as directed by your healthcare team</li> </ul>   |   | <ul style="list-style-type: none"> <li>Advance your diet as directed by your healthcare team</li> </ul>   |