

# Thoracoabdominal Surgery Pathway

These are goals for your recovery. Your recovery may not exactly follow this pathway. Your care team will help you know what to expect. To learn more, read *About Your Thoracoabdominal Surgery at MSK Kids* ([www.msk.org/pe/thoracoabdominal-surgery](http://www.msk.org/pe/thoracoabdominal-surgery)).

It's helpful to use your Goals to Discharge Checklist to track your recovery. We'll send it to your MSK MyChart account. To learn more, read *Frequently Asked Questions About the Goals to Discharge Checklist* ([www.msk.org/pe/goals-discharge-checklist](http://www.msk.org/pe/goals-discharge-checklist)).

	Day of Surgery	1 Day After Surgery
What should I do?	<ul style="list-style-type: none"> <li>If your healthcare provider says it's safe, sit in your bed, chair, or on your parent's lap.</li> </ul>	<ul style="list-style-type: none"> <li>Sit in your chair or out of bed on your parent's lap for 30 minutes or longer.</li> <li>Do your self-care activities (such as brushing your teeth and washing your face) sitting up. Ask for help if you need it.</li> </ul>
What tubes, drains, and procedures will I have?	<p>You'll have:</p> <ul style="list-style-type: none"> <li>A chest tube</li> <li>Abdominal drains</li> <li>An arterial line</li> <li>A Foley (urinary) catheter</li> <li>An epidural catheter or peripheral nerve catheter (nerve block)</li> </ul> <ul style="list-style-type: none"> <li>You'll get a chest x-ray in the operating room or Pediatric Intensive Care Unit (PICU).</li> <li>You may also get a feeding tube, if needed.</li> </ul>	<ul style="list-style-type: none"> <li>Your urinary catheter may be taken out.</li> <li>Your arterial line may be taken out.</li> </ul>
What medicine will I take?	<p>You'll get:</p> <ul style="list-style-type: none"> <li>Pain medicine through your epidural catheter or nerve block.</li> <li>Extra pain medicine such as acetaminophen (Tylenol®) through your central venous catheter (CVC) or implanted port, if needed.</li> <li>Some or all of your usual medicines.</li> <li>Medicine to keep you from feeling nauseous (like you're going to throw up).</li> </ul>	<p>You'll get:</p> <ul style="list-style-type: none"> <li>Pain medicine through your epidural catheter or nerve block.</li> <li>Extra pain medicine such as Tylenol through your CVC or implanted port, if needed.</li> <li>Some or all of your usual medicine.</li> <li>Medicine to keep you from feeling nauseous, if needed.</li> </ul>
What will I do so my lung gets stronger?	<ul style="list-style-type: none"> <li>Use your incentive spirometer, pinwheel, or blow bubbles 10 or more times every hour you're awake.</li> <li>A member of your nursing team will give you chest therapy every 4 hours.</li> <li>A physical therapist (PT), occupational therapist (OT), or both may visit you if you need help moving, crawling, walking, or doing your self-care and play activities.</li> </ul>	

- We'll check your chest tube every day. We'll take it out when the amount of liquid coming out of it is low enough. This might happen soon after your surgery or a few days after. We'll take out your epidural catheter or nerve block after your chest tube is taken out.
- We'll check your abdominal drain every day. We'll take it out when the amount of liquid coming out is low and your drainage is clear.
- You may go home with your abdominal drain if you still have drainage.

	2 Days After Surgery	3 Days After Surgery
<b>What should I do?</b>	<ul style="list-style-type: none"> <li>• Get out of bed 3 times today. Stay out of bed for an hour or more each time.</li> <li>• Sit and play on your play mat 3 or more times today. If you're old enough, aim to walk outside your room 3 or more times instead.</li> <li>• Do your self-care activities sitting at the edge of your bed. Ask for help if you need it.</li> <li>• Sit in your chair to eat your meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Be out of bed for half of the time you're awake.</li> <li>• Sit or stand and play on your play mat 3 or more times today. If you're old enough, aim to walk around the nursing unit 3 or more times instead.</li> <li>• Do your self-care activities standing at the sink, if you're old enough.</li> <li>• Sit in your chair to eat your meals.</li> </ul>
<b>What procedures will I have?</b>	<ul style="list-style-type: none"> <li>• If you have a urinary catheter, it may be taken out.</li> <li>• If you have a feeding tube, it may be taken out.</li> </ul>	<ul style="list-style-type: none"> <li>• If you have an epidural or peripheral nerve catheter, it may be taken out.</li> <li>• If you have a feeding tube, it will be taken out.</li> </ul>
<b>What medicine will I take?</b>	<p>You'll get:</p> <ul style="list-style-type: none"> <li>• Pain medicine through your epidural catheter or nerve block.</li> <li>• Extra pain medicine such as Tylenol through your CVC or implanted port, if needed.</li> <li>• Medicine to help you have a bowel movement (if you're able to eat and drink).</li> <li>• Some or all of your usual medicine.</li> </ul>	<p>You'll get:</p> <ul style="list-style-type: none"> <li>• Pain medicine.</li> <li>• Extra pain medicine such as Tylenol through your CVC or implanted port, if needed.</li> <li>• Medicine to help you have a bowel movement.</li> <li>• Some or all of your usual medicines.</li> </ul>
<b>What will I do so my lung gets stronger?</b>	<ul style="list-style-type: none"> <li>• Use your incentive spirometer, pinwheel, or blow bubbles 10 or more times every hour you're awake.</li> <li>• A member of your nursing team will give you chest therapy every 4 hours.</li> <li>• A PT, OT, or both may visit you if you need help moving, crawling, walking, or doing your self-care and play activities.</li> </ul>	

- At first, you'll get your pain medicine through your epidural catheter or nerve block. Once your epidural catheter or nerve block is taken out and you can follow your usual diet, you'll start getting oral pain medicine (pain medicine you swallow) instead.

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	4 Days After Surgery	5 Days After Surgery
<b>What should I do?</b>	<ul style="list-style-type: none"> <li>• Be out of bed for more than half the time you're awake.</li> <li>• Sit or stand and play on your play mat 3 or more times today. If you're old enough, aim to walk around the nursing unit 3 or more times instead.</li> <li>• Do your self-care activities standing at the sink, if you're old enough.</li> <li>• Change into new clothes. Ask for help if you need it.</li> <li>• Sit in your chair to eat your meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Only use your bed for sleeping and napping as needed. Stay out of bed for most of the day while you're awake.</li> <li>• Sit or stand and play on your play mat 3 or more times today. If you're old enough, aim to walk around the nursing unit 3 or more times instead.</li> <li>• Do your self-care activities standing at the sink, if you're old enough.</li> <li>• Change into new clothes. Ask for help if you need it.</li> <li>• Sit in your chair to eat your meals.</li> </ul>
<b>What procedures will I have?</b>	<ul style="list-style-type: none"> <li>• If you have an epidural catheter or nerve block, it may be taken out.</li> </ul>	<ul style="list-style-type: none"> <li>• If you have an epidural catheter or nerve block, it may be taken out.</li> </ul>
<b>What medicine will I take?</b>	<p>You'll get:</p> <ul style="list-style-type: none"> <li>• Pain medicine.</li> <li>• Some or all of your usual medicine.</li> </ul>	<p>You'll get:</p> <ul style="list-style-type: none"> <li>• Pain medicine.</li> <li>• Some or all of your usual medicine.</li> </ul>
<b>What will I do so my lung gets stronger?</b>	<ul style="list-style-type: none"> <li>• Use your incentive spirometer, pinwheel, or blow bubbles 10 or more times every hour you're awake.</li> <li>• A member of your nursing team will give you chest therapy every 4 hours.</li> <li>• A PT, OT, or both may visit you if you need help moving, crawling, walking, or doing your self-care and play activities.</li> </ul>	

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