

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. For more information, read *About Your Thoracoabdominal Surgery at MSK Kids* (www.mskcc.org/pe/thoracoabdominal_surgery).

It's helpful to use your Goals to Discharge Checklist to track your recovery. We'll send it to your MyMSK account. For more information, read *How to use Your MyMSK Goals to Discharge Checklist* (www.mskcc.org/pe/goals_discharge_checklist).

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

- 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 check your abdominal drain every day. We'll take it out when the amount of liquid coming out is low enough.
- We'll take out your epidural catheter or nerve block after your chest tube and abdominal drain are removed, before you're discharged.

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

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

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

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