

# Path to Home Guide: Lung Surgery

Breathing exercises

**Day of Surgery**

10 x every hour sitting

**1 Day After Surgery**

10 x every hour sitting

**2 Days After Surgery**

10 x every hour sitting

**3 Days After Surgery**

10 x every hour sitting

**4 Days After Surgery**

10 x every hour sitting

Activities

walk hall 1 time

sit out of bed 2 x daily

walk hall 2 x daily

sit out of bed 3 x daily

walk hall 3-5 x daily

sit out of bed 3 x daily

Pain control

epidural

1 2 3 4 5 6 7 8 9 10

pain should be kept below 4

epidural

1 2 3 4 5 6 7 8 9 10

pain should be kept below 4

epidural

1 2 3 4 5 6 7 8 9 10

pain should be kept below 4

pills

1 2 3 4 5 6 7 8 9 10

pain should be kept below 4

pills

1 2 3 4 5 6 7 8 9 10

pain should be kept below 4

Nutrition

Liquids only

Solid food, fruits and vegetables

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Tubes & lines

Centre universitaire de santé McGill



McGill University Health Centre

Office d'éducation des patients  
Patient Education Office



Eastern Health



Enhanced Recovery Society of Canada  
Société de réhabilitation rapide du Canada