

Name:

Last

First

Date:

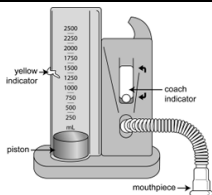
Procedure:

POD#:

post op day #

POST OP CHECKLIST

TIME	Incentive Spirometer (10x per hour)	Flutter Valve (10x per hour)	Liquid Intake (4 ounces per hour)	Ambulating/ Walking (5x per day)	Leg Exercises (10x per hour)	Bowel Movement	Flatus/ Passing gas
6:00 am			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
7:00			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
8:00			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
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11:00			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				
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10:00			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

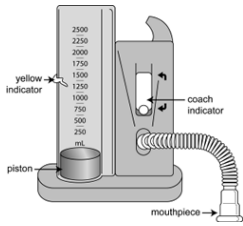


Please use one form for each day you are in the hospital. Your support person or family member may assist you with this.

Questions? Please ask your nurse.

OVER

After surgery you may experience pain or weakness that prevents you from taking deep breaths, which can lead to lung illness such as pneumonia. Below are important devices used to help prevent lung problems after surgery that may delay recovery and hospital discharge. Basic instructions are listed for the use of the incentive spirometer and flutter valve.



The incentive spirometer measures the volume of breath you inhale and helps prevent lung problems by expanding and filling your lungs with air. ***To use:*** exhale completely, then close lips tightly around mouthpiece. Inhale slowly, keeping the flow rate guide (on right hand side of device) between the arrows. When you can't inhale anymore, hold breath for 6 seconds and note the highest volume (number on the tube) that you reached. Exhale slowly and repeat 10 times per hour.



The vPEP (flutter valve) device helps to clear secretions and increase lung expansion which may be painful after abdominal surgery. It loosens and removes lung secretions by creating a vibrating positive pressure during exhale. ***To use:*** sit up straight, put the mouthpiece in your mouth and close lips to make a good seal, take in a slow deep breath and hold a few seconds then breath out through the mouthpiece with more force than normal. Do not puff out cheeks. Repeat 10 times per hour. If you have belly discomfort, hold a pillow tightly to your belly during use.

******Refer to the instructions included with each device for more detailed use and cleaning instructions******

MENU CHOICES FOR BARIATRIC SURGERY PATIENTS

Gastric Surgery PHASE ONE Menu Options *...limit 2 items/meal*

- Meals can be delivered automatically or call Ext. 6925 and order your choices by the designated times listed:
 - Breakfast...order BEFORE 6:30am
 - Lunch...order BEFORE 10:30am
 - Dinner...order BEFORE 4pm

BROTH SOUPS

Vegetable, chicken, beef

CREAM SOUPS

Cream of tomato, cream of potato

SUGAR FREE JELL-O

Strawberry, orange

PROPEL PACKETS

Ask your nurse. Available flavors: berry, grape, kiwi/strawberry

PREMIER PROTEIN SHAKES

These come automatically at 10am and 2pm

Available flavors: chocolate and vanilla