Allina Health

Hysterectomy Surgery

In general, this Care Map is what you can expect during your hospital stay of 1 to 2 days. Your health care team will make changes unique to your recovery. You will be discharged by _____. You and your nurse will fill this out as you work on discharge planning together.

	Day of Surgery	Day 2 (First Day After Surgery)
	Date: _____	Date: _____
Tests	☐ You may have blood drawn to check certain levels such as hemoglobin.	☐ You may have blood drawn to check certain levels such as hemoglobin.
Breathing	☐ You may receive oxygen after you leave the surgery recovery room. ☐ An oxygen sensor on your finger will check the levels of oxygen in your blood. ☐ When your oxygen levels are OK, your nurse will remove your oxygen. ☐ Take deep breaths and cough often. ☐ Use your incentive spirometer (machine to help with deep breathing) every 1 to 2 hours when you are awake.	☐ Take deep breaths and cough often. ☐ An oxygen sensor on your finger will check the levels of oxygen in your blood. ☐ Use your incentive spirometer every 1 to 2 hours when you are awake.
Comfort	☐ The nurse will ask you about your pain level. ☐ You will receive pain medicine as needed. ☐ Talk with your nurse about other ways to manage your pain.	☐ The nurse will ask you about your pain level. ☐ You will receive pain medicine as needed. ☐ Talk with your nurse about other ways to manage your pain.
Bladder/Bowel	☐ You may have a catheter in your bladder. ☐ Tell your nurse when you pass gas or have a bowel movement.	☐ The nurse will remove the catheter. ☐ Tell your nurse when you pass gas or have a bowel movement.
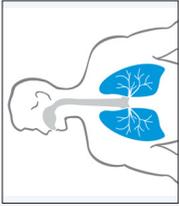
	Day of Surgery Date: _____	Day 2 (First Day After Surgery) Date: _____
Food	☐ Ask for anti-nausea medicine if you need it. ☐ You may have ice chips or clear liquids as soon as you get to your room after surgery. ☐ You may have clear liquids and soft foods several hours after surgery. ☐ You will receive fluids through the intravenous (IV) line in your hand or arm.	☐ Ask for anti-nausea medicine if you need it. ☐ Eat your regular diet. ☐ Try to drink at least 8 glasses of liquids. ☐ Your IV fluids will be stopped when you are drinking well.
Activity	☐ Change your position in bed. ☐ Your nurse will help you get out of bed 4 to 6 hours after surgery. ☐ Wear compression stockings while you are in bed. ☐ Walk in the halls with help if you need.	☐ Walk in the halls 4 times or more times with help if you need. ☐ Walk 1 ☐ Walk 2 ☐ Walk 3 ☐ Walk 4 ☐ Sit in a chair as much as you are able. ☐ You may take a shower when you can walk by yourself. ☐ Wear compression stockings while you are in bed.

When You are Ready to Leave the Hospital	☐ You are ready to leave the hospital when you are able to:
	  ☐ walk
	  ☐ eat and drink without problems
	  ☐ take pain medicine by mouth
	  ☐ urinate with no problems (or have a catheter for home use).	

Discharge Plans	☐ Talk with your nurse about:
	  ☐ who will take you home
	  ☐ who will help you at home
	  ☐ your needs at home.	