



After Surgery

Daily Activity Checklist



Day of Surgery:

- ☐ Get up to a chair. Walk to the nurses station once.
- ☐ Leg compression device on while in bed
- ☐ Cough and deep breath with device every hour
- ☐ Ice Chips: Follow the five S's
 1. **S**low
 2. **S**teady
 3. **S**ips
 4. **S**top when full and wait
 5. **S**top for nausea and alert your nurse



Day After Surgery through Discharge:

- ☐ Walk in hallway every hour while awake (minimum of 8-10 separate times)
- ☐ Leg compression device while in bed
- ☐ Cough and deep breath with device every hour
- ☐ Clear Liquids: Follow the five S's
- ☐ 0600 Make a list of questions you would like to ask
 1. _____
 2. _____



Discharge Requirements:

- ☐ Tolerating oral pain medications if needed
- ☐ Drinking adequate amounts of fluid to stay hydrated
- ☐ Able to complete activities on activity checklist



Travel from Hospital to Home:

- ☐ Stop and walk EVERY hour on the drive home



At Home:

- ☐ **PAIN:** take pain medications as prescribed
- ☐ **STAY HYDRATED:** minimum of 64 oz of fluid daily
- ☐ **KEEP MOVING:** walk often to prevent blood clots, reduce gas pain, and stimulate stomach emptying
- ☐ **CONTACT US:** for questions or issues, follow directions on your Hospital Discharge Instructions or call the clinic at (501) 227-9080.



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