

# Thoracic Enhanced Recovery After Surgery (ERAS)

Surgeon: \_\_\_\_\_

Surgery: \_\_\_\_\_

**Please use this checklist to record your daily accomplishments. Remember, your post-operative course is individualized to you and may require adjustments or elimination of certain tasks from this list. Your entire surgical team will help you, and if you have questions or need clarification, just ask!!!**

Post-operative Day 0: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

- Sit on edge of bed or out of bed to chair x 1 if possible
- Walk within 6 hours of arriving to unit
- Clear liquid diet
- Incentive spirometer and flutter valve exercises (10 times per hour while awake)
- Oral care

Discharge goals:

- Pain control
- Wean oxygen
- No nausea. No gastric dilatation
- Chest tube to water seal, if able

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Post-operative Day 1: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Chest x-ray in the morning
- Daily weight
- Out of bed, in chair for all meals (at least 6 hours daily)  
 2h  2h  2h
- Walk at least 4 times around the unit, especially after meals ○ ○ ○ ○
- Advance to regular diet
- Incentive spirometer and flutter valve exercises (10 times per hour while awake)
- Oral care

Discharge goals:

- Consider chest tube removal or water seal, if able
- Pain control
- No nausea. No gastric dilatation
- Wean oxygen
- IV saline lock
- Bowel regimen

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Post-operative Day 2: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Daily weight
- Out of bed, in chair for all meals (at least 6 hours daily)  
 2h  2h  2h
- Increase activity, walking 4 or more times a day, especially after meals.
- Regular diet
- Incentive spirometer and flutter valve exercises (10 times per hour while awake)
- Oral care

Discharge goals:

- Chest tube removal or to water seal, if able
- Pain control
- Bowel regimen
- IV saline lock
- Wean oxygen

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Post-operative Day 3: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

- Daily weight
- Out of bed, in chair for all meals (at least 6 hours daily)  
 2h  2h  2h
- Continue walking 4 or more times a day, especially after meals.
- Regular diet
- Incentive spirometer and flutter valve exercises (10 times per hour while awake)
- Oral care

Discharge goals:

- Chest tube removal, if able
- Heimlich valve teaching completed, if applicable
- Pain control
- Bowel regimen
- Wean oxygen

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Post-operative Day 4: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

- Out of bed, in chair for all meals (at least 6 hours daily)
- Continue walking 4 or more times a day, especially after meals
- Regular diet
- Incentive spirometer and flutter valve exercises (10 times per hour while awake)
- Oral care

Discharge goals:

- Pain control
- Bowel regimen
- Heimlich valve teaching completed, if applicable
- Chest tube removal, if able
- Wean oxygen

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Post-operative Day 5: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

- Out of bed, in chair for all meals (at least 6 hours daily)  
 2h  2h  2h
- Continue walking 4 or more times a day, especially after meals
- Regular diet
- Incentive spirometer and flutter valve exercises (10 times per hour while awake)
- Oral care

Discharge goals:

- Pain control
- Removal of drain and IV
- Bowel regimen
- Heimlich valve teaching completed, if applicable
- Chest tube removal, if able
- Wean oxygen

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