

*We know recovery can be tough, and you've come this far in your journey, and you've got this! Let us know if you need anything, we are only a phone call away.*

## TIPS POST SURGERY

### DAY 1- FIRST DAY AFTER SURGERY

- Clear fluids-water, black tea. Coffee (no milk today), diet cordial-dilute down will be sweet, recover protein drink- dilute down with water, clear broth- can dilute down with hot water.
- No fizzy drinks, sweet drinks. Milky drinks. Yoghurt or solid foods
- A lot will arrive on your tray- take fluids off and sip slowly over the day.
- SLOWLY sip from little red/white cups -ask nurse for these cups.
- 3-4 sips each cup and 1 cup an hour.
- If nauseated ok to drink less as IV will provide fluids

**Walking around will help gas and settle wind.**

### DAY 2

- Free fluids- milky and milky drinks i.e. can have milk in tea or coffee, shakes can start -when you go home.
- If staying in hospital all day today can have a shake, or dietitian will discuss option with you.
- Continue sipping slowly from red cups- ask for some more to take home with you.
- Dietitian will come in around 9 am and take a small group discussion regarding fluids for home – this usually takes 45 mins- good idea to have partner/ support person also attend.