

# DSRCT Recovery Pathway: Pelvic Surgery

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

Expected discharge date: \_\_\_\_\_

This recovery pathway goes with the surgery guide *About Your Pelvic Surgery for Desmoplastic Small Round Cell Tumors (DSRCTs) at MSK Kids*. A member of your care team will give you a copy. You can also find it at [www.msk.org/pe/dsrct-pelvic](http://www.msk.org/pe/dsrct-pelvic).

These are goals for your recovery. **Your recovery may not follow this pathway exactly.** Your care team will help you know what to expect.

## The day of surgery

### What to do

- Once your care team says it's OK, sit up in your bed or chair.
- Use your incentive spirometer or pinwheel 10 or more times every hour while you're awake.

### Tubes and drains to expect

You will have:

- An abdominal drain.
- An arterial line.
- A Foley (urinary) catheter.
- A wound vac.
- An ileostomy pouch (bag).

You may have:

- A nasogastric tube (NGT).
- A temporary central venous catheter (CVC).
- An epidural catheter or peripheral nerve catheter (nerve block).

### Tests, procedures, and visits to expect

- You will get chest physical therapy every 4 hours.

### Medicines to expect

- Pain medicine through your epidural catheter or nerve block, if you have one.
- Pain medicine through your CVC or implanted port if you don't have an epidural catheter or nerve block.
- Extra pain medicine such as acetaminophen (Tylenol®) through your CVC or implanted port, if you need it.
- Some or all of your usual medicines.
- Medicine to keep you from feeling nauseous (like you're going to throw up).

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# 1 day after surgery

## What to do

- Sit in your chair for at least 30 minutes.
- Do your self-care routines (such as brushing your teeth and washing your face) in bed, with help if you need it.
- Use your incentive spirometer or pinwheel 10 or more times every hour while you're awake.

## Tests, procedures, and visits to expect

- A Wound, Ostomy, Continence (WOC) nurse may start teaching you about your ileostomy and how to care for it.
- You will get chest physical therapy every 4 hours.
- A Physical Therapist (PT), Occupational Therapist (OT), or both may visit you if you need extra help getting out of bed or moving around.

## Changes to your tubes and drains

- We may take out your arterial line.

## Medicines to expect

- Pain medicine through your epidural catheter or nerve block, if you have one.
- Pain medicine through your CVC or implanted port if you don't have an epidural catheter or nerve block.
- Extra pain medicine such as acetaminophen through your CVC or implanted port, if you need it.
- Some or all of your usual medicines.
- Medicine to keep you from feeling nauseous.

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## 2 days after surgery

### What to do

- Get out of bed 3 times today. Stay out of bed for at least 1 hour each time.
- Do activities or exercises while sitting in your chair or walk outside your room. Do this 3 or more times today.
- Do your self-care routines while sitting at the edge of your bed, with help if you need it.
- Use your incentive spirometer or pinwheel 10 or more times every hour while you're awake.

### Tests, procedures, and visits to expect

- A WOC nurse may start teaching you about your ileostomy and how to care for it.
- You will get chest physical therapy every 4 hours.
- A PT, OT, or both may visit you if you need help getting out of bed or moving around.

### Changes to your tubes and drains

- We may take out your NGT.

### Medicines to expect

- Pain medicine through your epidural catheter or nerve block, if you have one.
- Pain medicine through your CVC or implanted port if you don't have an epidural catheter or nerve block.
- Extra pain medicine such as acetaminophen through your CVC or implanted port, if you need it.
- Some or all of your usual medicines.
- Medicine to keep you from feeling nauseous.

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## 3 days after surgery

### What to do

- Stay out of bed most of the time you're awake.
- Sit in your chair for 1 to 2 meals.
- Do activities while sitting in your chair or standing or walk 1 lap around the nursing unit. Do this 3 or more times today.
- Do your self-care routines while standing at the sink, if you're old enough.
- Use your incentive spirometer or pinwheel 10 or more times every hour while you're awake.

### Tests, procedures, and visits to expect

- You will get chest physical therapy every 4 hours.
- A PT, OT, or both may visit you if you need help getting out of bed or moving around.

### Changes to your tubes and drains

- If you still have an NGT, we will take it out.
- We may change your wound vac.

### Medicines to expect

- Pain medicine through your epidural catheter or nerve block, if you have one.
- Pain medicine through your CVC or implanted port if you don't have an epidural catheter or nerve block.
- Extra pain medicine such as acetaminophen through your CVC or implanted port, if needed.
- Some or all of your usual medicines.
- Medicine to keep you from feeling nauseous.
- You will start taking medicine to prevent urinary retention.

## 4 days after surgery

### What to do

- Stay out of bed for most of the time you're awake.
- Sit in your chair for 2 to 3 meals.
- Do standing or sitting activity in your chair or walk around the nursing unit. Do this 3 or more times today.
- Do your self-care routines while standing at the sink, if you're old enough.
- Use your incentive spirometer or pinwheel 10 or more times every hour while you're awake.

### Tests, procedures, and visits to expect

- You will get chest physical therapy every 4 hours.
- A PT, OT, or both may visit you if you need help getting out of bed or moving around.

### Changes to your tubes and drains

- None

### Medicines to expect

- Pain medicine through your epidural catheter or nerve block, if you have one.
- Pain medicine through your CVC or implanted port if you don't have an epidural catheter or nerve block.
- Extra pain medicine such as acetaminophen through your CVC or implanted port, if needed.
- Some or all of your usual medicines.
- Medicine to keep you from feeling nauseous.
- Medicine to prevent urinary retention.

## 5 days after surgery

### What to do

- Stay out of bed for most of the time you're awake.
- Sit in your chair for all your meals.
- Do standing or sitting activity in your chair or walk around the nursing unit. Do this 3 or more times today.
- Do your self-care routines while standing at the sink, if you're old enough.
- Change into new clothes. We'll help you if you need it.
- Use your incentive spirometer or pinwheel 10 or more times every hour while you're awake.

### Tests, procedures, and visits to expect

- Your surgeon may close your incision in the operating room.
- You will get chest physical therapy every 4 hours.
- APT, OT, or both may visit you if you need help getting out of bed or moving around.

### Changes to your tubes and drains

- If you have an epidural or peripheral catheter, we may take it out.
- We may take out your urinary catheter.
- We may take out your abdominal drain.
- We may take off your wound vac.

### Medicines to expect

- Pain medicine.
- Some or all of your usual medicines.
- Medicine to prevent urinary retention.

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