






DAY	-1	0	1	2	3	4	5	6	7	
DATE	___/___/___	OPERATION	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	DISCHARGE	
	Be active Exercise to raise heart rate	Deep breathing post operatively	Deep breathing				Freely mobilise Out of bed all day Dress in own clothes			
			Sit: 2x1hour	2x3hours	Sit out of bed most of day					
			Walk: if able	2x60m	2x200m	2x400m				
	Carbohydrate (CHO) pre-load drink x 2 Clear fluid only after midnight	06:00: 1 x pre-load drink Post-op: nil by mouth	SLT review Sips of water after SLT if appropriate	Gradual incremental increase in oral intake directed by SLT and surgical team If NGT placed during surgery, remove once adequate oral intake						
	Continue regular meds 18:00: tinz inj	LA infiltration by surgeons PCA Paracetamol	Pain team review		Pain team review if required		Oral analgesia Prepare TTOs			
			PCA Paracetamol	Stop PCA Oral codeine + laxatives	Stop PCA if not already Optimise analgesia as required					
	Shower well before coming to hospital	NGT inserted during case if concerns about feeding	8am extubate pm remove catheter when mobilising	Consider neck drain removal when output <30mls/24 hrs	Remove CVC if possible	Consider removing flap drain	Teach patient wound care to prepare for discharge	Remove IV cannula		
	Call to check arrival time	Start discharge planning – refer to SAFER CCD				Address any discharge concerns		Consider discharge if SAFER CCD achieved	Prepare to go home – SAFER CCD achieved	
		Raise any questions or concerns to your team at any time								



NHS



Get-up
Eat
Analgesia
Remove
Speak up

Early mobilisation
Early enteral feeding
Multimodal, opioid-sparing analgesia; medications
Timely line/drain removal
Encourage questions/timely discharge planning

SAFER Clinical Criteria for Discharge (CCD)

1. Mobilising freely
2. Eating and drinking adequately
3. Pain well controlled with oral analgesia
4. Independent with care for wounds and dressings, or District Nurse arranged
5. All lines / drains removed; or plan for removal as outpatient
6. All concerns addressed, contact details given, follow up arranged

LA – Local Anaesthetic; PCA – patient-controlled analgesia; NGT – nasogastric tube; CVC – central venous catheter; IV – intravenous; SLT – Speech & Language Therapy; TTOs – “To take out” medications; Tinz inj – Tinzaparin injection