

Be an Active Partner in Your Recovery

- You play an important part in your recovery. This booklet includes instructions on how to deep breathe, cough and do exercises and you should practice these before you come to the hospital for your surgery.
- It is important that you get up and move around as soon as possible after your surgery. You should be walking short distances around the ward within a few days.
- Your pain should be controlled enough to allow you to take deep breaths, cough and start moving around. If it is not, tell your nurse, physiotherapist or a member of the medical staff.



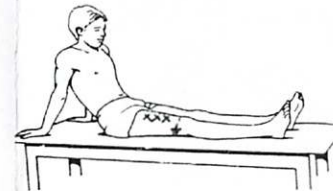
Deep breathing

1. Raise head of bed as far as allowed or sit in chair.
2. Hold a pillow or rolled up towel firmly on your chest or stomach.
3. Breathe in deeply through your nose and mouth. Your tummy will rise as your lungs fill with air.
4. Hold this breath for a few seconds.
5. Purse your lips as if you were going to whistle and let all the air out through your nose and mouth.
6. Rest for a few seconds, repeat 5 times.
7. Cough (as below) after each group of 5 breaths.
8. Repeat 2 sets of 5 every hour while you are awake

Coughing

1. Sit up in bed or in a chair and lean forward a little.
2. Hold a pillow or rolled up towel firmly on your chest or stomach.
3. Breathe in and out fully.
4. With your mouth open, take in a deep breath. Quickly give one or two strong coughs.

Active Body Movement Exercises



In Bed

1. To exercise your calf muscles and feet, pull your toes back toward your knees. Then point your toes forward towards the foot of your bed. Do this 10 times every hour you are awake.
2. Move your ankles around in circles. Do this 10 times every hour you are awake.
3. To exercise your upper legs while you are in bed, make your thigh muscles tight and press your knee into the bed. Count to 5 and then relax. Do this 10 times every hour you are awake.

Out of Bed Activity

1. On the evening after your surgery, your nurse may help you sit on the side of the bed so you can dangle your legs.
2. The evening or morning after the surgery, your nurse will help you get out of bed and walk. It is important to have help the first few times you get up because you may feel weak or faint.
3. The number of times you go for a walk and how far you walk should increase every day. Walking helps you get your strength back and helps with healing.

Recovering from Surgery



Talk to your Doctor or others on your health care team if you have any questions.

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