

Exercise

The sooner you start to move around, the better. The nurses will help you get out of bed and sit in a chair. When you go to the ward you will have less lines (heart monitoring equipment and machines) attached to you so you can walk more freely.



Recovering after surgery

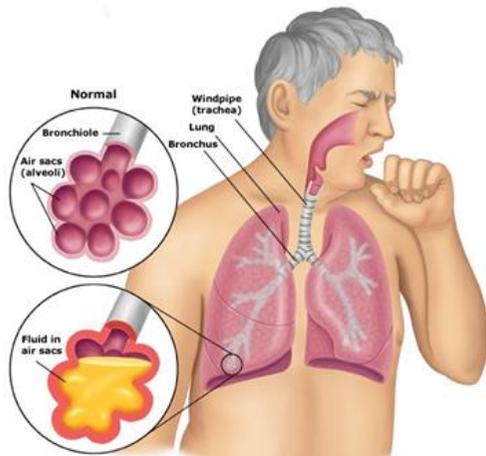
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Welcome *Haere Mai* | Respect *Manaaki*
Together *Tūhono* | Aim High *Angamua*

This guide provides you and your family/whanau with the information you need to make the best recovery from your surgery.

After surgery

It is important that you move, take deep breaths, and cough. These early activities can help remove congestion from your lungs and prevent pneumonia (chest infection).



Pneumonia

Q: How do I manage my pain?

A: Tell your nurse as soon as you start to feel any pain so they can give you painkilling medication to stop it getting worse OR push your pain pump button.

Do this before deep breathing, coughing or moving in bed.

Q: Why should I do Breathing and Coughing Exercises?

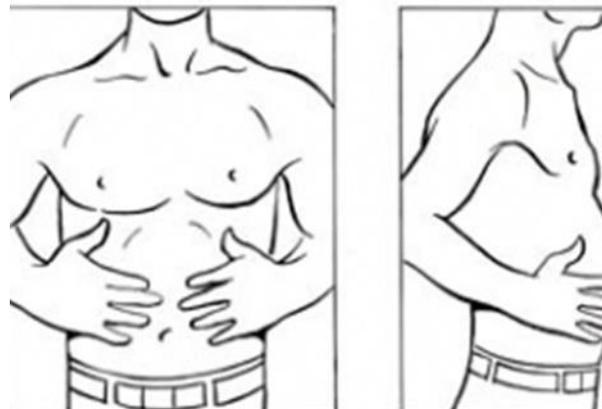
A: Because of pain after surgery, patients often do not take full breaths, causing mucus to collect in the lungs. By taking full breaths, your cough is stronger so you can cough mucus out and prevent it from collecting. You should continue the following breathing exercises throughout your hospital stay.

Deep-Breathing Exercises

The most comfortable position for taking full breaths is sitting upright. Do these exercises each hour you are awake. Do you have a nebulizer or inhaler due? If so, take these first.

Step one

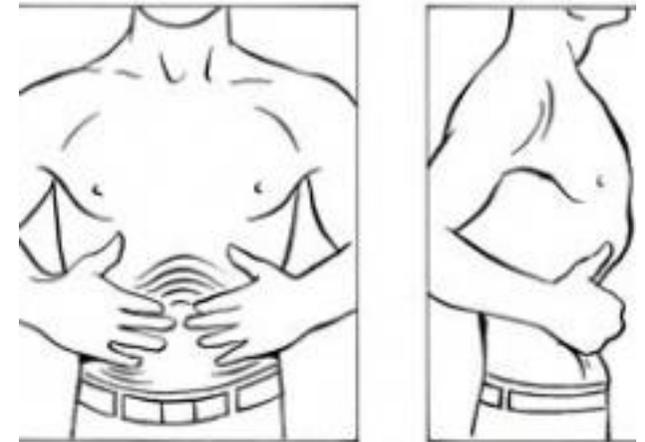
Bend your knees. Rest your hands on your stomach. As you take a full breath through your nose, you should feel your stomach lift out like a balloon filling with air.



Step two

Now let the air out through your mouth by relaxing. Your hands should feel like they're on top of a gently deflating balloon.

Repeat both steps five times



Step three

Use your hands to support both sides of your surgical wound. This may make coughing easier. Cough from your belly, not from your throat.

Cough two times, then rest.

Do not be afraid to cough. Your incision is firmly held together by stitches or staples.