

Post Operative Breathing Exercises

Below are actions you can take following your procedure to help reduce the effects anaesthetic, control sickness and help prevent a chest infection. It is important that you get up and move around as soon as possible after your procedure.

Pain Management

Your pain should be controlled enough to allow you to take deep breaths, cough and start moving around. If it is not, let your nurse know.

Breathing Exercises

Complete the following exercises while lying, or sitting as upright as possible in bed or in a chair:

1. Relax your shoulders and upper chest.
2. Take a deep breath in (through your nose, if possible) to fill the bottom of your lungs.
3. Hold this breath for three seconds.
4. Sigh out slowly through your mouth.

Take five of these deep breaths then rest -more than this may make you dizzy or light-headed. Practise your breathing exercises every hour as soon as you wake following your procedure.

Coughing

It is important that you can cough so that you can clear any phlegm. When you need to cough it will be more comfortable to:

1. Bend your knees up if lying or lean forwards if sitting.
2. Support your wound firmly with your hands, pillow or rolled up towel and cough strongly to clear any phlegm.

Mobility

An upright position is better for your chest than lying flat. Whilst in bed, try to regularly move your limbs and change position. Getting up and around is important and you should be sitting out of bed and walking as soon as possible.

DISCLAIMER This fact sheet provides general information only. For specific advice about your baby or your healthcare needs, you should seek advice from your health professional. Burnside Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

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