Deep Breathing Exercises

1. Place your hand on your stomach. Take a deep breath in through your nose. Close your eyes and breathe in deeply several times. Let the air out slowly through your mouth. This will help your lungs expand well.

2. Place your hands near the bottom of your rib cage. Gently press inward into your chest and feel your rib cage move outward into your hands. Hold 2-3 seconds. Let the air out through your mouth. Repeat 3 times.

Coughing Exercises

1. Bend your knees up or fallowed, sit up in bed. Support your head on your hands or a small pillow.

2. If you have an incision on your chest or stomach, place your hand on your stomach. Take a deep breath in through your nose. Then cough a deep breath, hold briefly, then cough.

3. If you find deep breathing painful, ask for pain medication. Your cough should come from deep in the lungs.

4. These exercises will not harm your incision. Your incision will not harm you.
necessary.
every 2 hours or so, and the nurse will help you if you are awake. You need to change position outlined in this pamphlet every 1-2 hours while the deep breathing, coughing and leg exercises as
To prevent these problems, we advise that you do more prone to pneumomonia.
allow mucus to collect in your lungs, making you shallow breathing and lack of activity. This can mucous production in your lungs. Combined with
The anesthesia you receive tends to increase blood clots. Allows blood to pool in your legs and can cause shallow breaths and lie still. Not moving to take shallow breaths and lie still. This will cause you may have some discomfort. This will cause you to be drowsy and following your surgery, you will be drowsy and recommendations by the Physiotherapy Department.

This pamphlet contains some exercises

Leg Exercises

Pre and Post Operative Breathing

Leg Exercises