

Post-Surgery Care Guide



Post Discharge Advice

Continue with the exercises prescribed by your physiotherapist after discharge. Stay as active as you comfortably can. After discharge, begin by walking at a comfortable pace around your home or along the corridor. When walking on flat ground, you should be able to talk without feeling breathless.

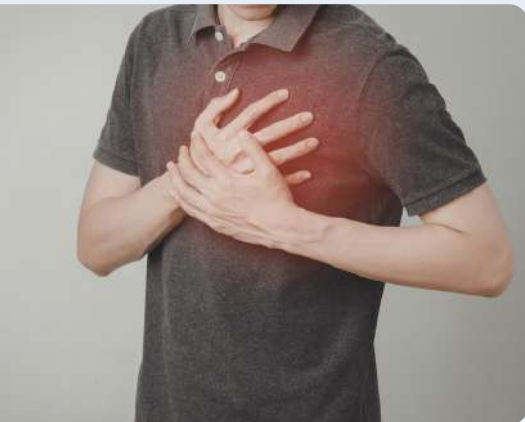
Tips for home exercises:

- Avoid heavy lifting (>5kg) for the first 4 to 6 weeks
- Dress lightly and wear proper footwear (e.g. running shoes)
- Drink adequate water

When to stop exercising

If you experience the following, cease exercise immediately:

- Chest pain/ chest tightness
- Breathlessness (unable to speak in sentences)
- Dizziness
- Cold Sweat
- Nausea & vomiting



When you are able to walk confidently, you may consider:

- Slowly increasing the distance of your walks
- Increasing the frequency of walking (e.g. once per day to 2-3 times per day)
- Increase the speed of walking to a pace that is slightly challenging
- Try climbing stairs/slopes



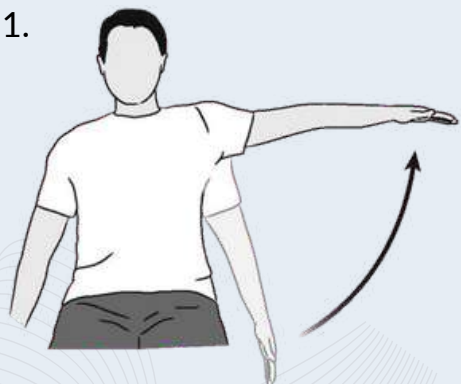
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For Thoracic Surgeries Only

Avoiding Stiffness in Shoulder

1. In sitting or standing, raise your arm up towards the **side** as high as you can in a comfortable and pain-free range
2. In sitting or standing, raise your arm up towards the front as high as you can in a comfortable and pain-free range
3. In sitting or standing, keeping your elbows bent and close to the side of your body, bring your hand outwards in a comfortable and pain-free range

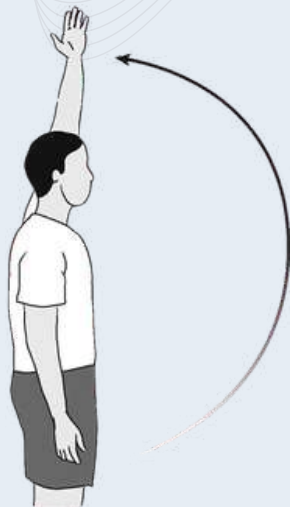
1.



How many should I do?

Perform 3 sets of 10 repetitions, 3 times a day. Always make sure that you are doing the exercises within your level of comfort. These exercises should not be painful to do.

2.



Take note:

- Avoid heavy lifting (>5kg) with the arm on the side of your wound for at least 6 weeks after surgery
- Try to use your shoulder and arm as normally as possible
- Keep moving your shoulder and arm until movement is pain-free and back to pre-surgery levels

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What is an Incentive Spirometer?

An incentive spirometer is a simple, plastic medical device used to improve lung function. It may be recommended by your doctor after surgery, illness, or for chest and abdominal injuries. It prevents lung infections by expanding and strengthen the lungs, keeping them inflated, and also helps to clear mucus and other secretions from your chest and lungs. lastly, it aides in restoring normal oxygen levels after a surgery or serious illness.

Incentive Spirometer Use

- Sit upright in a chair or in bed
- Hold the spirometer upright
- Breathe out normally first
- Seal your lips around the mouthpiece
- Breathe in slowly and deeply to raise the indicator
- Hold your breath for 3-5 seconds if able, then breathe out slowly

How often should you use it?

Aim for 10 slow breaths every hour while awake, or follow the frequency given by your physiotherapist

Good Techniques to have

Slow breaths work better than fast, short breaths

After a few breaths, do a supported cough if you have phlegm

Stop and rest if you feel dizzy

Common mistakes to avoid

- Rushing the breath in
- Slouching while using the device
- Only breathing from the upper chest
- Forgetting to cough when phlegm is present



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Wound Supported Cough

Supporting your wound or incision when you cough can greatly help reduce pain and ensures that you keep your healing incision safe and protected.

Position your Support

Place a pillow, folded towel, or your hands firmly over your incision or surgical wound

Hold Firmly

Press the pillow or towel gently but firmly against your wound with both hands

Breathe In

Take a deep breath in through your nose

Cough

Cough gently while continuing to support your wound

Relax

Relax and breathe normally. Repeat as needed.



Learn how to manage your condition with us today!

Meet Our Professionals



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