



For your information

Exercises After Surgery

By doing the exercises below you will help yourself heal faster and go home as soon as you can.

Deep Breathing Exercise

1. Sit up straight.
2. Place your hands lightly on your belly.
3. Breathe in through your nose as deep as you can. (You should feel your belly rising under your hands).
4. Hold your breath and count to three.
5. Breathe out slowly, holding your lips like you are trying to whistle.
6. Do this every hour when you are awake for the first three days after your surgery.



Coughing Exercise

Do these after you do the deep breathing exercises. If you have had surgery on your belly or chest, you can use a pillow or blanket to hug against the incision.

1. Breathe in through your nose and hold your breath and count to three.
2. Breathe out through your mouth, and hug the pillow or blanket tight against your incision. Cough from your belly, not your throat.
3. Do this five times an hour while you are awake, for three days after surgery.



Leg Exercises

Lying in bed while you are getting better slows the blood flow in your legs. To help the blood flow better these leg exercises should be done, with your leg straight out in bed or when you are sitting in a reclining chair

1. Point your toes straight, then point them up to the ceiling.



2. Roll your ankles one at a time in a circle; go once in one direction and once in the other direction.



3. One leg at a time, slide your foot up towards your body as far as you can to bend your knee. Then slide your foot back down the mattress.



4. Tighten the muscles in your bottom for five seconds and release.
5. Do all of these five times each hour while you are awake, for three days after surgery, or until you are up and moving around at your normal speed.