

# Post-Operative Physiotherapy



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## Introduction:

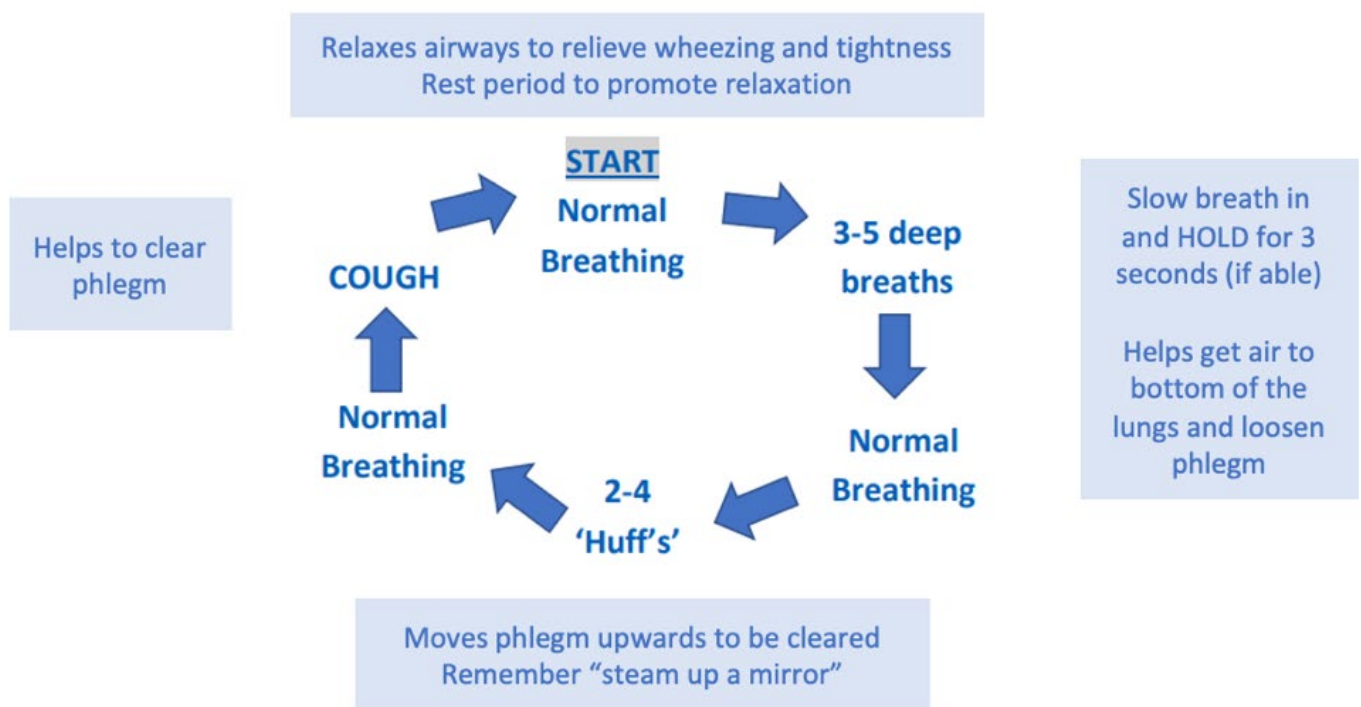
- You have been provided with this leaflet by your ward Physiotherapist because you have had a surgical intervention.
- Not everyone will require input from a Physiotherapist following surgery; this is assessed on an individual basis and will take into consideration several factors, for example surgical procedure, baseline level of function and any other medical conditions you may have.
- The role of the Physiotherapist in the surgical environment is to support with respiratory complications, regaining mobility and function, physical rehabilitation, provide education and facilitate a safe discharge once deemed medically optimised.
- This leaflet will provide you with education and exercises that you are able to complete in your own time to support your rehabilitation.

## Breathing:

- It is likely that you have had general anaesthetic to enable your surgeon to complete your procedure.
- General anaesthetic can affect the way your lung's function. This coupled with pain, can make it difficult to take a deep breath and cough effectively.
- This increases the risk of phlegm (thick mucus) sitting in your lungs and can potentially lead to a chest infection.
- To avoid the risk of developing any complications and keep your lungs healthy, it is important to engage in early mobilisation, deep breathing exercises and coughing strategies.

## Practice this cycle of breathing!

Complete a minimum of 3x daily

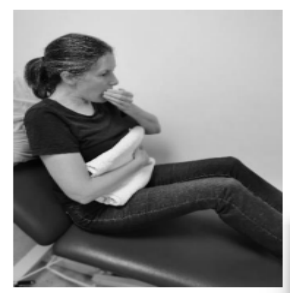


## Try This Coughing Technique!



Discomfort when coughing after surgery is normal.  
Try hugging a towel over your wound firmly as you cough.

**Top tip:** Keep on top of your pain relief!

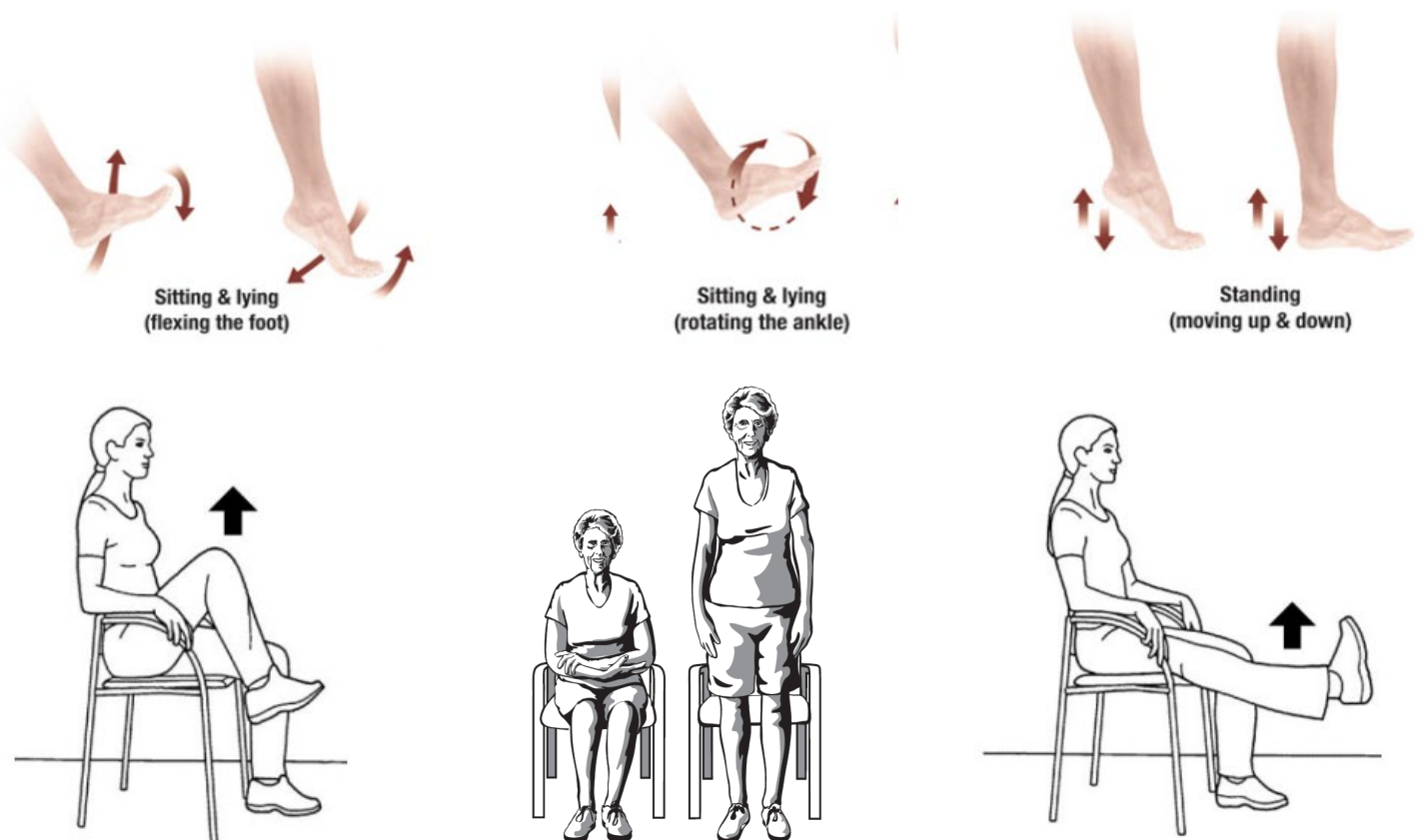


## Mobility:

- Aim to sit out of bed on day one. You may need assistance for your drips and drains.
- Sitting in an up-right position is optimal for your lung function, will improve your circulation and overall general function.
- You are likely to feel a degree of weakness, fatigue and possibly pain when you start moving post surgery. This is normal and with time it will improve.
- Good hydration and nutrition, optimising pain relief and gradually increasing your mobility will help to improve your exercise tolerance and endurance.

## Mobility Top Tips

- Aim to sit out for mealtimes - breakfast, lunch, and dinner!
- Change into your own clothes
- Brush your teeth and complete a wash in the bathroom, not by your bed
- Mobilising to the toilet rather than using a commode
- Independently completing exercises that may be provided by your Physiotherapist



**Day 1:**

- Ask for more pain relief if you need it
- Change into own clothes (loose fitting)
- Deep breathing
- Active Cycle of Breathing
- Cough
- Core activity exercises from our Classes
- Move legs in bed
- Change position in bed
- Sit out in chair
- Walk 20 meters with a nurse

The ward nurses can help you with your drips and drains by holding them while you move and placing them on a portable drip stand so you can move about.

**Day 2:**

- Ask for more pain relief if you need it
  - Change into own clothes (loose fitting)
  - Deep breathing
  - Active Cycle of Breathing
  - Cough
  - Core activity exercises from our Classes
  - Sit out in chair
  - Walk 4 x 60 meters
- 1:  2:  3:  4:

**Day 3:**

- Ask for more pain relief if you need it
  - Change into own clothes (loose fitting)
  - Deep breathing
  - Active Cycle of Breathing
  - Cough
  - Core activity exercises from our Classes
  - Sit out in chair
  - Walk 4 x 60 meters
- 1:  2:  3:  4:

**Further Information**

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز بہ ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਾਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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