

Questions? We're Here to Help!

If you have any questions, please don't hesitate to contact our team.

Website: Scan the QR code



Phone: 1-877-372-7316

Email: prehab@toh.ca



bit.ly/4ytlbLTZ

We can also arrange a video call to:

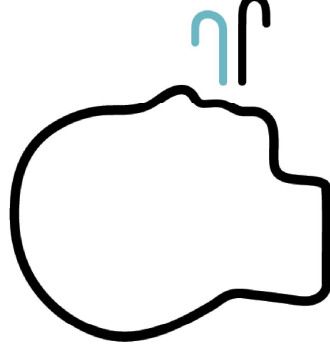
- Walk through how to use your breathing device.
- Practice device breathing exercises together.
- Answer any questions you may have.

You don't have to figure it out alone. We're here to help you feel confident and prepared for surgery.

Step 2

Deep Breathing Exercises Before Surgery

Blue Booklet and Logbook



Practice deep breathing exercises before your surgery to prepare your lungs for recovery

Name: _____

Quick Overview

- Begin up to 7 days before your surgery
- Complete 1 session every day at any time:
 - 10 Deep Breaths with 2-3 Stacking Breaths
 - 3 Coughs or Huffs with Splinting
 - Rest for 30 seconds
 - Repeat the entire sequence 1 more time
- Log your sessions in the Blue Logbook (Blue tab)
- Practice these exercises before surgery so you are ready to continue them after surgery

Deep Breathing Exercises Before Surgery help keep your lungs open and clear.

These exercises help remove mucus from your lungs, which is especially important during recovery after surgery. When you are resting or less active, mucus can build up in your lungs. Clearing this mucus helps reduce the risk of lung infections, such as pneumonia.

Deep Breathing Exercises do not use a breathing device. They use your breathing muscles and can be done at home and in the hospital.

Practicing these exercises before surgery will help you feel more comfortable continuing them after surgery.

Continue these exercises after surgery using the Pink Booklet (**Step 3: Deep Breathing Exercises After Surgery**).

Deep Breathing Exercises Before Surgery Logbook

Bring this booklet and logbook with you on the day of your surgery.

Date	Session (1 session / day)	Notes

Deep Breathing Exercises Before Surgery Logbook

This logbook is part of the RESPONSE Breathing Program. It is used to track your Deep Breathing Exercises Before Surgery.

Logging your exercises can help you stay on track and share your progress with your care team.

Bring this booklet and logbook with you on the day of your surgery.

How to use the logbook:

- Begin Deep Breathing Exercises **7** days before your surgery, when possible.
- Complete **1** session every day at any time:
 - **10** Deep Breaths with **2-3** Stacking Breaths
 - **3** Coughs/Huffs with Splinting
 - **Rest for 30 seconds**
 - **Repeat** the entire sequence **1** more time
- Check the appropriate box each time you complete a session.
- Use the notes section for any comments (for example: breaks, difficulty completing a session, symptoms, discomfort, changes in routine, or questions).
- Continue at the next opportunity if you miss a session.
- Do not log your Deep Breathing Exercises after your surgery.

Follow A Deep Breathing Exercise Before Surgery Schedule

Begin your Deep Breathing Exercises up to **7** days before your surgery or once you receive your kit. Continue until the day of your surgery.

Your Daily Schedule

Complete **1** session each day at any time:

1. **10** Deep Breaths with **2-3** Stacking Breaths
2. **3** Coughs or Huffs with Splinting
3. **Rest for 30 seconds** at your normal breathing pattern
4. **Repeat** the entire sequence **1 more time**

Goals:

- Practice the Deep Breathing Exercises so you feel comfortable continuing them after surgery
- Log your sessions in the Blue Logbook

Begin Your Deep Breathing Exercises Before Surgery

Let's Begin your Deep Breathing Exercises.

Deep Breathing Exercises should feel slow, relaxed, and comfortable. Focus on taking full breaths rather than rushing.

Complete 1 session every day (10 Deep Breaths with 2-3 Stacking Breaths, 3 Coughs/Huffs). Log each session in the Blue Logbook (Blue tab).

Deep Breaths with Stacking Breaths

1. Sit in an upright, comfortable position on a bed or chair with your shoulders and chest relaxed.

2. Take a deep breath in through your nose, breathing slowly and taking in as much air as feels comfortable. Keep your breathing calm and controlled.

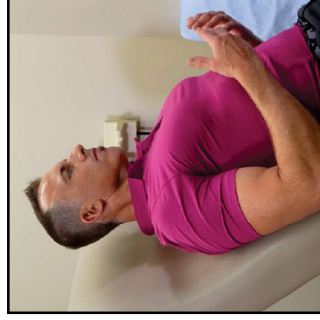
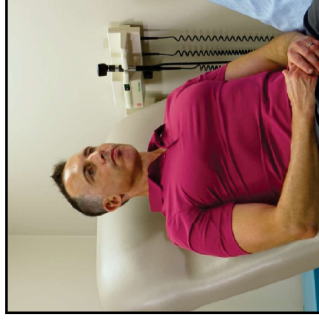
3. Add **2-3** stacking breaths.

Stacking Breaths are small breaths taken one after another without breathing out. They help fill your lungs with more air.

4. Hold your breath for 2-3 seconds.

5. Breathe out slowly through your mouth in a constant, steady stream.

6. Repeat until you have completed **10** Deep Breaths including Stacking Breaths.

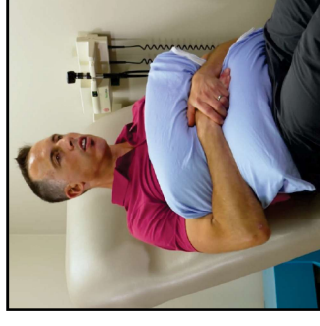
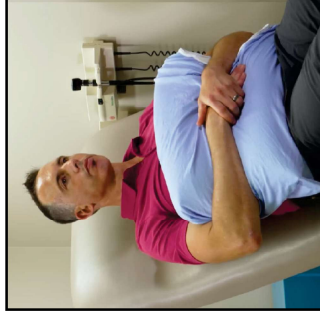


Coughs or Huffs with Splinting

1. Use splinting by placing a pillow or folded blanket over your stomach or chest. Apply firm, gentle pressure. Splinting helps make coughing and huffing more comfortable after surgery.

2. Take a deep breath in through your nose.

3. Holding the blanket or pillow in place, cough or huff **3** times as you breathe out through your mouth. Huffing is a forceful breath out through your mouth, as if you are fogging up a mirror.



Rest, Repeat, and Log

1. Rest for **30 seconds**.

2. Repeat the sequence **1** more time:

- 10 Deep Breaths with Stacking Breaths
- 3 Coughs/Huffs with Splinting

3. Log your completed session in the Blue Logbook.

To watch a video tutorial of Deep Breathing Exercises, scan the QR code with the camera app on your phone or tablet and tap the link that appears on your screen.



bit.ly/4fxPVvY