

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/4ytlTZ

We can also arrange a video call to:

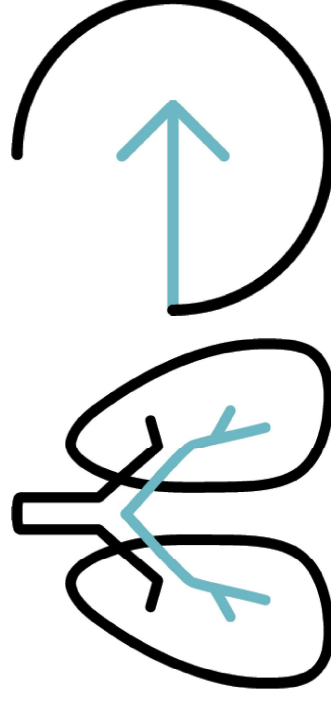
- Walk through how to use your breathing device.
- Practice device breathing exercises together.
- Answer any questions you may have.

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

Step 3

Deep Breathing Exercises After Surgery

Pink Booklet



Continue your deep breathing exercises after surgery to support your recovery

Name: _____

Quick Overview

- Begin **when you wake up after surgery**
- Complete **1** session every hour:
 - **10** Deep Breaths with **2-3** Stacking Breaths
 - **3** Coughs/Huffs with Splinting
 - **Rest for 30 seconds**
 - **Repeat** the entire sequence **1** more time
- Repeat **every hour while you are awake**
- Clear mucus from your lungs to support your recovery
- Do not log your sessions

Deep Breathing Exercises After Surgery are an important part of your recovery.

Surgery and anesthesia can make it harder to take deep breaths and clear mucus from your lungs. When you are resting or less active, mucus can build up. If it is not cleared, it can increase the risk of lung infections, such as pneumonia.

Deep breathing, coughing, huffing, and splinting help move mucus out of your lungs and support comfortable breathing.

These are the same Deep Breathing Exercises you practiced before surgery. Continuing them after surgery can help you recover faster.

Remember, you are recovering from surgery. Go slowly, use pain-support strategies, and take breaks when necessary.

Important Safety Notes

Keep the following in mind when completing your Deep Breathing Exercises After Surgery:

- It is normal to feel discomfort or tightness in your chest when taking deep breaths after surgery.
- Listen to your body. Stop and rest if you feel dizzy, lightheaded, short of breath, or fatigued when doing your Deep Breathing Exercises.
- Try to avoid doing Deep Breathing Exercises while lying flat, unless instructed by your care team. These exercises work best when you are sitting upright on a chair or in a bed with the headrest raised.
- Avoid forceful breaths. Taking slow, gentle breaths is important for Deep Breathing Exercises. They should be controlled and comfortable, not rushed.
- Pay attention to changes in your breathing after surgery. Let your care team know if breathing becomes more difficult or uncomfortable over time.

Rest and Repeat

1. Rest for **30 seconds**. Return to your normal breathing pattern during this time.
2. **Repeat** the sequence **1 more time**:
 - 10 Deep Breaths with Stacking Breaths
 - 3 Coughs/Huffs with Splinting
3. Rest until the next hour. Return to your normal breathing pattern during this time.

Repeat these exercises every hour while you are awake. Continue until you are able to walk around or as instructed by your care team.

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/4fxPVy

Follow A Deep Breathing Exercises After Surgery Schedule

Begin your Deep Breathing Exercises **when you wake up after surgery** and continue **every hour** you are awake.

Your Hourly Schedule

Complete **1** session **every hour** while you are awake:

1. **10** Deep Breaths with **2-3** Stacking Breaths
2. **3** Coughs or Huffs with Splinting to help remove mucus from your lungs.
3. **Rest for 30 seconds** (or longer if needed) at your normal breathing pattern
4. **Repeat** the entire sequence **1 more time**
5. **Rest** until your next session.

Goals:

- Repeat these exercises every hour until you are able to get up and walk around regularly, or as instructed by your care team.
- Remove mucus from your lungs to support recovery

Begin Your Deep Breathing Exercises After Surgery

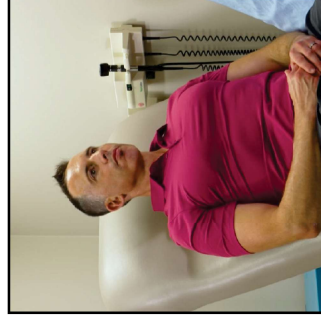
Because your body is healing, it is important to move at a comfortable pace and use pain-support strategies, such as Splinting, as needed.

Remember to take breaks when necessary.

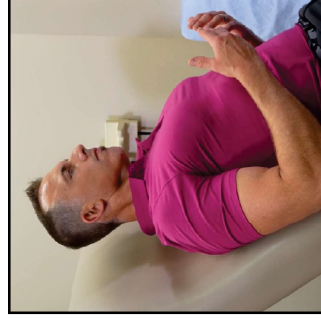
Deep Breaths with Stacking Breaths

Let's begin your **10** 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.

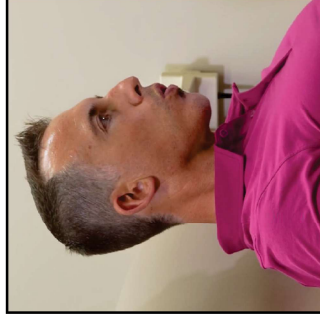


3. Add **2-3** stacking breaths.

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.



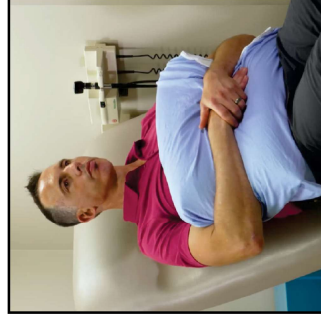
When you feel ready, begin your coughing and huffing exercises.

Coughing and Huffing with Splinting

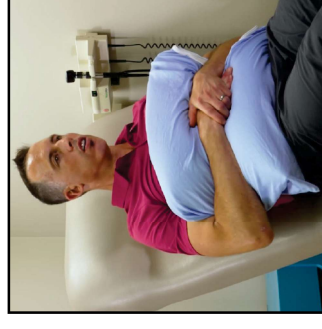
Let's begin your **3** coughs or huffs with splinting:

1. Use splinting by placing a pillow or folded blanket over your stomach or chest and 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.