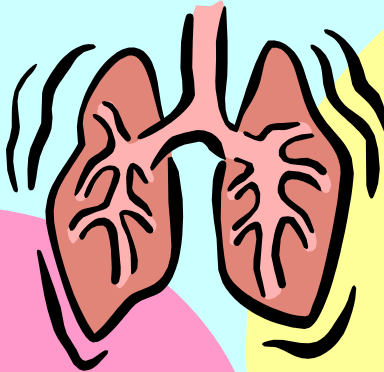
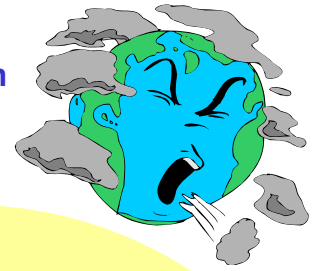
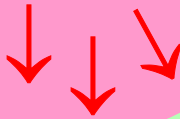


BREATHING TIPS:

- You will have a breathing tool to assist with lung expansion
- Cough and deep breathe
- **NO SMOKING**
- Increase activity as soon as possible



Activity Guidelines



What to expect after surgery

- * Expect some pain
- * Have realistic expectations – will have ups and downs
- * Be patient and persistent – rebuild strength gradually
- * Be prepared for some emotional changes
- * Develop a positive mental attitude



Nurses will explain wound/incision care

Watch for:

- Increased temperature
- Increased redness
- Increased drainage

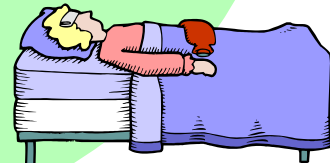
When Sitting



- Sit with good posture
- Keep feet flat on floor
- Sit for short periods of time

Sleeping

- Rest when fatigued
- **DO NOT** spend all of your time in bed
- May be “stiff” when first up – slowly stretch



Exercise



- Talk to your physician about resuming exercise
- **Walk! Walk! Walk!**
- Wear good, supportive, flat-soled shoes