

# How To Do Respiratory (Breathing) Exercises After Surgery

## Respiratory (Breathing) Exercises

Doing breathing exercises will help you prevent respiratory system complications. Coughing, deep breathing and incentive spirometer exercises may speed your recovery and lower your risk of lung problems, such as pneumonia.

## Exercises To Do After Surgery

Learn the following breathing exercises and do them after your surgery.

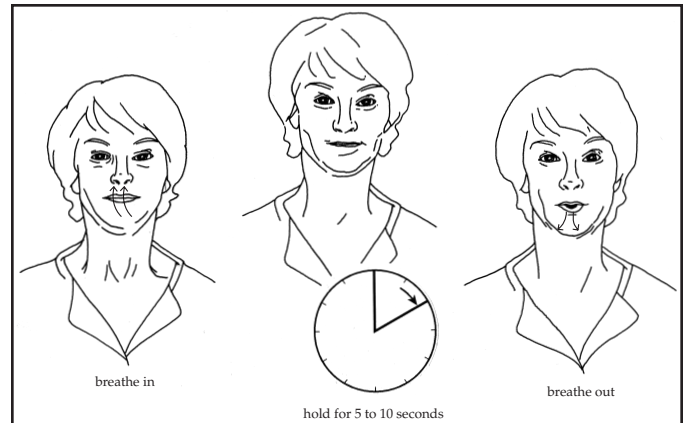
### Coughing

To help you cough:

- Take a slow deep breath. Breathe in through your nose and concentrate on fully expanding your chest.
- Breathe out through your mouth and concentrate on feeling your chest sink downward and inward.
- Take a second breath in the same manner.
- Take a third breath. This time hold your breath for a moment, then cough vigorously. As you cough, concentrate on forcing all the air out of your chest.
- Repeat this exercise two more times.

### Deep breathing

To deep breathe correctly, you must use your abdominal muscles, as well as your chest muscles.



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To use the deep breathing technique, see below.

- Breathe in through your nose as deeply as possible.
- Hold your breath for 5 to 10 seconds.
- Let your breath out through your mouth, slowly and completely. As you breathe with pursed lips (like blowing out a candle), your stomach should be going in. Exhale twice as long as you inhale.
- Rest and then repeat these steps with 10 repetitions.

## Incentive Spirometer

An incentive spirometer is a hand-held breathing exercise device to help you inflate your lungs after surgery. This will help keep your lungs healthy. It will be at your bedside for you to use while you are awake.

## Whom To Call With Questions

Call your nurse if you have any questions.