

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust, Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Pre & Post-Operative Breathing Exercises

Physiotherapy Department

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



EMPLOYER RECOGNITION SCHEME

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Leaflet title: Pre & Post-Operative Breathing Exercises
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Introduction

Before and after your surgery it is recommended that you carry out some simple breathing exercises to help prevent a build-up of secretions on your chest.

Exercise Technique:

1. Put yourself in a comfortable position - ideally sitting up straight with your back supported.
2. Take a deep breath in and hold your breath for approximately 3 seconds, then breathe out slowly and relax.
3. Repeat step 2.

4. Take a third deep breath in and hold your breath for approximately 3 seconds. Open your mouth wide and force the air out in a short sharp breath as if you are steaming up a glass window (this is called a huff).

5. Finally take a deep breath in and perform a strong cough clearing any secretions/mucous that may be present.

Please note that should you have an incision; you will benefit from supporting your wound when performing a huff or a cough.

To do this you can either place your hands directly over any dressing that is covering your wound or

place a towel or pillow over your wound and then place your hands on top of the towel or pillow.

Once you have supported your wound apply added pressure with your hands when performing a huff or a cough (this is called a supported huff or a supported cough).

It is recommended that you carry out these exercises hourly following your surgery and if you have a known chest condition or are a smoker you may benefit from practicing these techniques prior to your operation.