

## Breathing and Moving Exercises

After surgery it is important that you commence some simple exercises in order to reduce the risk of developing a chest infection or getting clots in your legs.

Every hour you are awake and have not been walking around, we would recommend:

**Deep Breathing Exercises** - Ensure that your head and shoulders are supported and relaxed. Take a long slow deep breath in, aiming to fill up the bottom of your lungs. Your lower ribs should move out to the side as you do so. Sigh out. Now repeat this 3 more times.

**Supported cough** - Immediately after the deep breathing exercises you should cough as strongly as you feel able to. This is a safe thing to do and is important as it will ensure that your chest is clear of any phlegm.

You can support your wound by pressing against a folded up towel that is placed over the area whilst you cough

If you do have phlegm, try to spit it out and repeat the deep breathing and coughing exercises once or twice more until the phlegm has gone.



“Knowing what to expect after your operation is key to making a good recovery. We have put together a simple check list of activities to complete during your post operative recovery period.

Some aspect of these activities may feel challenging, but we encourage you to try your best and let us know if you are struggling so we can help. This way we can ensure your recovery is as smooth as possible and avoid any unnecessary complications”

- Mr R A Chapman  
Clinical Lead - Urological Surgery

# Laparoscopic Nephrectomy Enhanced Recovery Checklist

Renal Surgery  
Enhanced Recovery  
(ERAS) Team

Victoria Hospital,  
Kirkcaldy, KH2 5AH



# Daily Check List – Tick off as you go

## Evening after Surgery

- 1) Have a drink (avoid fizzy drinks)
- 2) Hourly deep breathing and passive limb exercises (see overleaf)
- 3) Ask for help to sit in the chair
- 4) Eat at least a little of your evening meal
- 5) Chew gum between meals
- 6) Wear your own bed clothes / pyjamas when you are going to bed

## First Day after Operation

- 1) Catheter will be removed by the nurse
- 2) Have a wash or a shower
- 3) Get dressed in your home clothes
- 4) Eat breakfast sat in your chair
- 5) Chew gum between meals
- 6) Hourly deep breathing and passive limb exercises
- 7) Walk from your bed to the nurses' station and up to the day room at least once (inform the nurse when you are doing this)

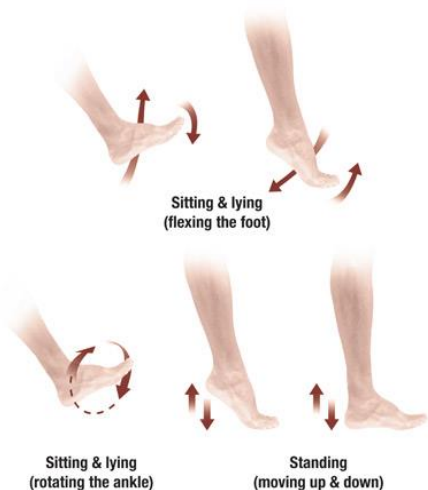
## Second Day: Home

- 1) Get dressed in your home clothes
- 2) Eat all meals sat in your chair
- 3) Walk from your bed to the nurses' station and up to the day room at least twice
- 4) Hourly deep breathing and passive limb exercises
- 5) Final Check List:
  - You are ready to be taken home if:
  - You have good pain control with oral pain relief
  - You are eating and drinking well
  - You are independently mobile.

We will be getting in touch with you at home to see how you are doing and to give you your final pathology results.

If you are worried about anything in the mean time you can contact:

Ward 54 : 01592643355 ext 29554  
Nurse Specialists : ext



Leg exercise - Circle your ankles. Paddle your feet up and down, pulling as far up as you can and pushing as far down as you can. Repeat this 10 times each way