

Thoracic Surgery

Dr. Robert McKenna

Dr. Clark Fuller

Dr. Ward Houck

Discharge Instructions following Thoracoscopy/Thoracotomy

Activity:

1. Range of Motion Exercises: (Do these 10 times each, 3 times a day for 2-3 weeks.)
 - a. Raise your arm over your head with your elbow straight. Bring it towards your ear. Get it close to your ear as much as you can
 - b. Place your hand behind your neck with your elbow bent and move your hand toward your back.
 - c. Hold your arm straight out in front of you, then cross it over to the other side of your body.
 - d. Shrug your shoulders up, down, and in circles.
 - e. Squeeze your shoulder blades back together.
 - f. Walk your fingers up the wall until your arm is straight and your chest is against the wall.
2. Remember to use the **incentive spirometer (Triflow)** 10 times every hour while awake.
3. **Walk – Walk –Walk- 3 times a day and increase your activity every day. It makes your lungs stronger!**
4. Drive when you feel safe to do so.

Diet:

1. No diet restrictions. You may go back to your previous diet.
2. Take measures to prevent constipation while taking narcotics: You may use these measures:
 - Colace (stool softener) – take twice a day
 - Prune juice
 - Milk of Magnesia

Bathing:

1. You should shower when you go home (unless you have any drains in place). It will be fine for the incisions to get wet in the shower, but you should not scrub the incisions.
2. Showers are encouraged to loosen the muscles and reduce discomfort. You should shower twice a day (one in AM and one in evening).
3. No baths, pools, or Jacuzzis for at least 2 weeks.

Follow up:

Call the office for an **appointment** approximately **one week** after your discharge from the hospital: **(310) 652-0530**.

Please call with any questions or concerns.

Call the office if:

- Temperature is greater than 101.0
- Sudden increased shortness of breath
- Pain unrelieved by medication or if you need refills
- Drainage/redness/foul odor from incisions

Lung Cancer Support Group available for patients with early stage non-small cell lung cancer (Stage I and IIA), their families and friends. Call Donato at (310) 423-1850.

Roma Dasalla-Thoracic Nurse Practitioner
Pager (310) 790-0975 M-F 7AM-5PM