Preparing for Care at Home

Clothing
- Button up shirts
- Zip-Up hoodies
- Comfortable pants
- Comfortable slip-on shoes

Equipment
- Reclining chair
- Wedge Pillow
- Shower chair/stool

Allowed Post-Operative Activities

Breathing Exercises
- Use of incentive spirometer (when awake) MUST be done 10-12 times every hour

Walking
- Patients are encouraged to start walking 5-10 minutes a day, three times a day
- Patients should increase the amount they are walking daily by 5 minutes as each additional week passes from the date of the operation
- Stairs are allowed and patients must show they are able to handle walking up stairs prior to discharge

Lifting
- No lifting of any items over the weight of hand-held laptop (approximately 3-5 pounds)
- No lifting over the level of the shoulder
- Over-head movements are allowed

Twisting
- No twisting and lifting
- No abrupt twisting motions