

Dr Norval has very specific rules as far as your post-op treatment is concerned. Please adhere to these, as this will help to prevent post-operative complications and aid your healing.

- ❖ On the operated side you are not allowed to move your arm forward or away from your side for the first 3 days, (i.e. do not move your shoulder). You may move your hand, wrist and elbow.
- ❖ You are not allowed to push your own drip stand. Please ring the bell for help.
- ❖ Your bedside table should be on the opposite side to that of your surgery. You are not allowed to use your operated side to reach for anything OR a Tray table in front of you.
- ❖ Make sure your bed control and call button control are easily within your reach and that you do not have to reach for it.
- ❖ DO NOT cross legs in bed
- ❖ DO NOT let drains kink
- ❖ DO NOT lift the water jug - get someone to fill your cup.
- ❖ DO NOT push Down on your arms. Use Tummy muscles & Bum shuffle
- ❖ DO NOT flush the toilet – Get Nurses to help
- ❖ DO NOT reach up to the Paper dispenser at the basin – ASK for help
- ❖ Please note: DO NOT have your blood pressure taken, a drip inserted, or blood tests done on the side of axillary dissection, as this can cause swelling (Lymphedema)
- ❖ If Dr Norval mentions your drainage is TOO HIGH stop your exercises for a day or so until she is happy and then resume exercises.

Do

- ❖ Circulatory exercises – Practice leg exercises 3-4 x per day
- ❖ Incentive Spirometer 3-4 x per day
- ❖ The following may be done under the guidance of your physiotherapist:

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Bsc PHYSIO (Wits)
Registered Physiotherapist
PR 7226934

- Day 1 - Hand, wrist and elbow exercises.
- Day 3 - Pendular exercises.
- Day 4 - Shoulder exercises, all **below** 90 deg.
- Day 7 - Shoulder exercises **above** 90.

Please practice 2x/day so that you aim to have full arm movement by day 10 at follow up.

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