

Home Care Advice

It is normal procedure for your surgeon to prescribe post-operative physiotherapy which consists of a visit or visits by the physiotherapist, as soon as possible after surgery.

Post-operative physiotherapy consists of the following:

- Chest assessment and breathing exercises to prevent any lung complications.
- Circulatory exercises to prevent a thrombosis from occurring.
- Pelvic floor strengthening exercises (when appropriate)
- Bed mobility
- Mobilizing out of bed
- General advice for home care.

The following are some guidelines you should follow to ensure your general wellbeing after surgery.

- When you get home, you will find that you tire easily. This is normal. You must try to get some extra rest during the day for 4-6 weeks.
- Do not return to full time work for ____ weeks after the surgery. (if possible)
- Please try to avoid any form of forceful pushing or pulling.
- Avoid straining to open your bowels. Ask your physio to teach correct seating position on the toilet. Please seek advice if necessary. Do not lift any heavy objects i.e. little children, grocery shopping, wet washing, reaching across to make beds.
- Walking is the best exercise! No gym, jogging, cycling etc. Until 6 weeks after surgery and then please start slowly.
- Driving should be avoided initially, and then only when it is necessary.
- Listen to your body. You will soon find out if you are overdoing it.
- If you are unsure or worried, please contact Debbie Cohen or your doctor for advice.

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