

Discharge information following thoracic surgery

Patient Information
www.interiorhealth.ca

General Instructions

- Continue deep breathing and coughing exercises for the first few weeks at home.
- Practice good body alignment by standing up straight with your shoulders held back.
- Avoid heavy lifting (10 pounds) for 4 weeks.
- Use incentive spirometer at least four times per hour while awake.
- Increase your activity gradually each day as tolerated.
- Begin to resume pre-operative activities slowly.

Specific Instructions

- Remove the dressing 2 days after the tubes are removed. Then you can bath or shower. Do not submerge your surgical incision in water for 3 weeks. Do not scrub the incision. Leave steri-strips on, they will usually fall off in 5-7 days.
- Your sutures from the chest tube should be removed by your family physician 5-7 days after discharge.
- Use enough pain medication to be comfortable. Avoid

alcohol while on narcotic pain medication. If there was not a prescription given to you specifically for pain then use:

- Tylenol® Extra Strength 1 or 2 tablets every 6 hours as needed
- OR**
- Advil® 400 mg tablet every 6 hours as needed.

Resume the medications you were taking prior to surgery unless instructed otherwise.

- Resume regular diet. If you are constipated, you can buy Senekot™ or Colace over the counter. Take this as directed. You may also try a natural laxative such as 100% Bran Cereal or dried or stewed prunes. Increase fiber (whole wheat grains, fruit and vegetables) as they are gentle laxatives.
- In general no driving until pain-free and off all narcotics.
- Please go to:
www.thoracicsurgery.bc.ca
for more patient information.

Additional Instructions

Call your family physician with concerns or any of the following:

- Productive cough
- Fever with temperature higher than 38°C
- Increased or uncontrolled pain
- Redness, tenderness, drainage, and/or increased swelling at incision
- Increased shortness of breath

The Thoracic Surgery Office will notify you for your follow up appointment and chest X-ray, approximately three weeks after discharge. If you have a specific inquiry call the Kelowna Thoracic Surgery Office.

BC Thoracic Surgery

Phone: 250-763-7660

2178 Pandosy Street
Kelowna, BC V1Y 1S8

The Thoracic Surgery Team wishes you a continued recovery at home.

Dr. Micheal F. Humer

Dr. Andrew Luoma

Dr. Anand Jugnauth

Dr. Shaun Deen

Marjan Vizcaino, NP



Interior Health

Healthlink BC

Dial 8-1-1

Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m. - 9 a.m. daily
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday
www.healthlinkbc.ca