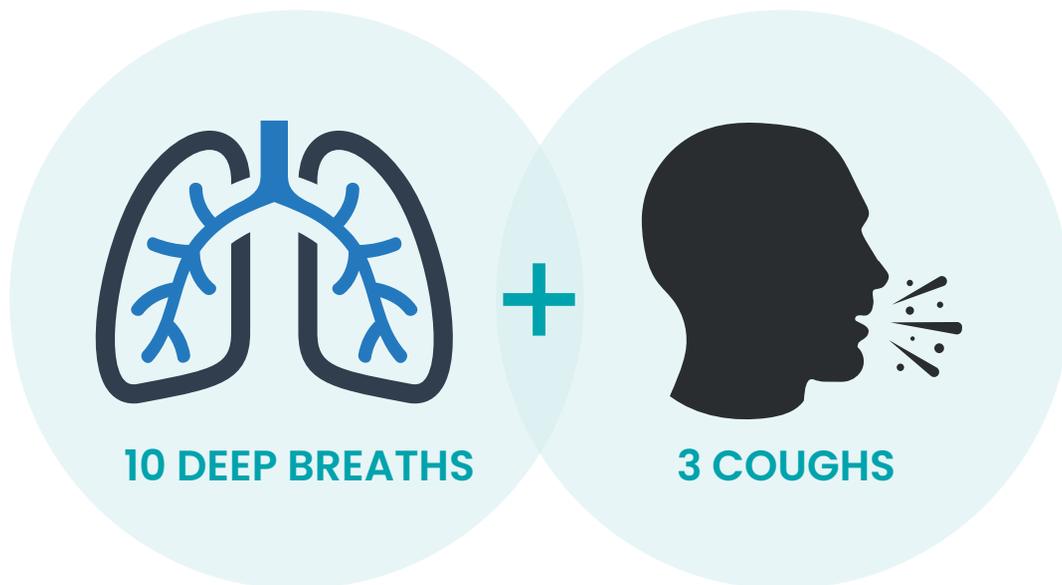


Prevention of Respiratory Complications

Health New Zealand
Te Whatu Ora

Your way to wellness after your operation.

4 simple actions YOU can do after your operation to reduce respiratory complications



Repeat this 3 times on the hour EVERY HOUR

REMEMBER, TO KEEP WELL:



GET MOVING AFTER YOUR OPERATION



TAKE PAIN RELIEF EARLY



SIT UPRIGHT

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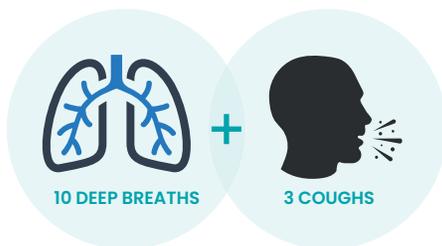
Prevention of Respiratory Complications

After an operation, **serious complications with breathing** can occur in **1 in 5 people**.

These complications are mostly preventable.

4 simple actions by you can help reduce complication rate by half.

Think **DEEP**:



- 1. Deep breathing and coughing:**
Every hour, take **10** deep breaths, followed by **3** coughs.
Repeat this 3 times on the hour every hour.



- 2. Early movement:**
Try to move out of bed or into a chair after your operation, with assistance if required.



- 3. Early pain relief:**
Take pain relief sooner rather than later if required. This will help you mobilise and perform breathing exercises better.



- 4. Posture:**
Sit upright when in bed.