

# Remember:

**Breathe deeply 10 times  
and then cough 3 times.  
Do this 3 times every hour  
on the hour.**

**Get your family and friends  
to help you or join in.**

Go to Alfred Health TV on youtube to watch our video on these simple techniques.

## Contact information

### Alfred Anaesthesiology

#### The Alfred

55 Commercial Rd

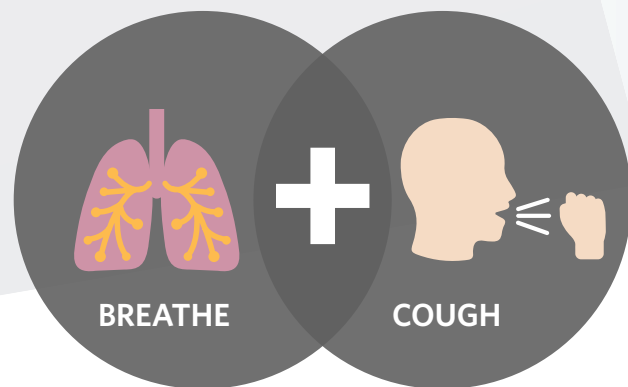
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# Prevent respiratory complications

Your way to wellness  
after an operation



## After an operation

After your operation, you can experience respiratory complications, such as lung infection, inflammation or lung collapses.

Respiratory complications can occur in 20 per cent of cases.

Such complications could: affect your quality of life, increase your hospital stay or see you re-admitted to hospital.

### Respiratory complications are preventable.

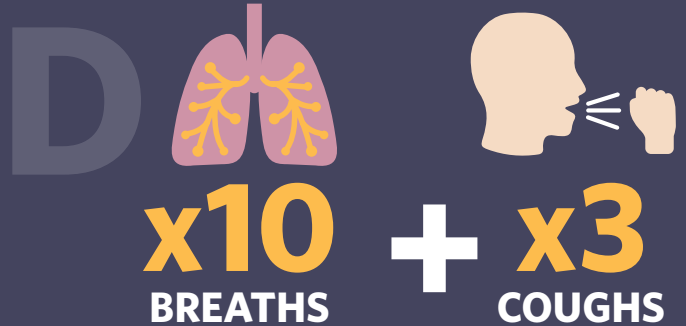
Simple interventions can help reduce complication rates by up to 50 per cent.

## Take 4 simple actions to avoid respiratory complications

### Think **DEEP**:

- D**eep breathing and coughing  
- it's important you do this every hour.  
Take **10 deep breaths**, followed by **3 coughs**  
Repeat this 3 times on the hour **every hour**.  
Start practicing this at home before your operation for the maximum benefit
- E**arly mobilisation - try to sit up or move into a chair after your operation.  
Your physios and nurses will be able to help you.
- E**arly pain relief - it is normal to be sore after an operation. Ask for pain relief early if required, so you can mobilise and perform the breathing exercises more effectively.
- P**osture - sit upright when in bed.

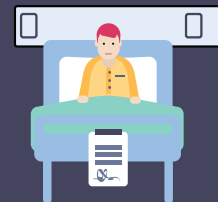
# PREVENTION =



Get **moving** after your operation



Take pain relief **early**



Sit **upright**