

POST-THORACOSCOPY/THORACOTOMY **DISCHARGE INSTRUCTIONS**

General Care:

- **SHOWER** every day and gently wash your incisions with an antibacterial soap. No baths until all of your incisions are completely healed (check with your surgeon).
- **NO** heavy lifting, pushing, or pulling (10 lbs maximum) for 1-2 weeks after discharge.
- **WALK** every day. Strive to walk at least 30 minutes without stopping daily.
- Continue to **USE** your incentive spirometer every 2-3 hours for 1 week after your hospital discharge.

Exercise:

- Follow your exercise sheet as instructed (see attached).

Call your surgeon if you have:

- A fever over 101⁰F.
- Increasing chest pain or shortness of breath.
- Increasing redness, swelling, pain, or drainage from an incision.