

# Breathing and Leg Exercises

Coughing and deep breathing exercises will help you clear and expand your lungs and help prevent pneumonia. They will also help you recover from surgery more quickly. Please practice them before you go to surgery.

## Incentive Spirometer: Deep Breathing Exercise

1. Place the mouthpiece in your mouth.
2. Draw in air as if you were sipping liquid through a straw.
3. Do this 10 times every hour while you are awake.
4. Try taking slow, deep breaths to hold the piston up for as long as possible.



## Coughing and Deep Breathing

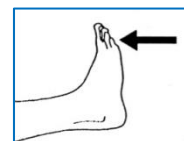
1. Take a deep breath through your nose to filter, warm, and moisten the air.
2. Hold your breath for a short time.
3. Exhale slowly and gently through pursed lips (as if you were blowing out a candle).
4. Do this for 3 breaths. On the 3rd breath, cough instead of breathing out.
5. Repeat this deep breathing 2 more times.

## Leg Exercises

Leg exercises are important in helping to prevent the formation of blood clots in your legs after surgery. These exercises will help you recover from surgery more quickly. Please practice them before you go to surgery.

### First Leg Exercise

- With your legs straight, first point your toes down. Then bring your toes up towards your head.
- Do these exercises 10 times every hour with one foot, then the other foot.



### Second Leg Exercise

- Now, with your legs straight, rotate your ankles, one at a time, as if you were drawing little circles with your toes.
- Do this exercise 10 times every hour with one foot, then the other foot.

