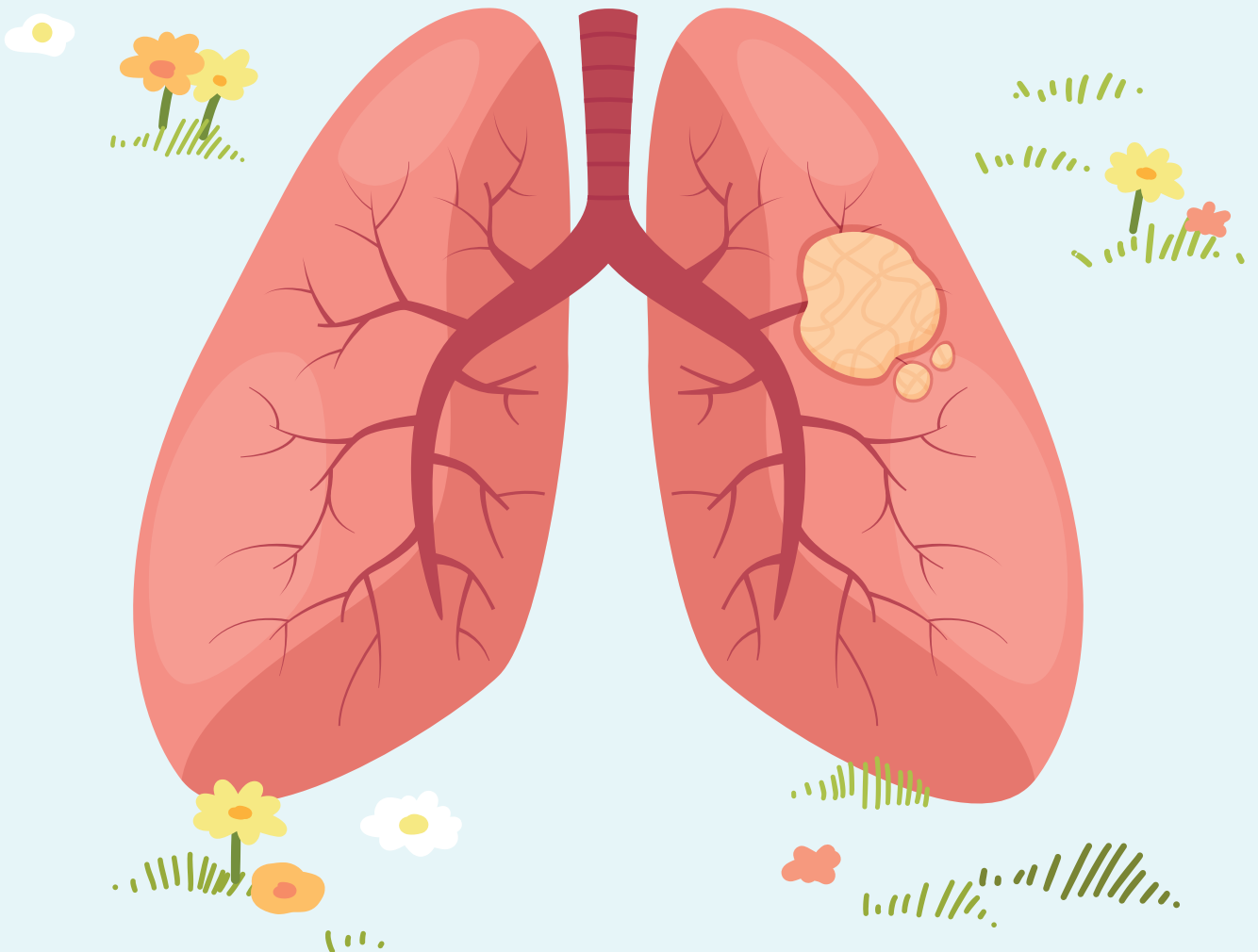


# A PATIENT'S GUIDE

# RECOVERING AFTER LUNG CANCER TREATMENT



## WHAT TO EXPECT?

### IF YOU HAD A THORACOTOMY (LUNG SURGERY)



After surgery, it is normal to experience:

- ✓ Pain and discomfort
- ✓ Changes in your breathing
- ✓ Fatigue (tiredness)
- ✓ Reduced movement or activity levels

### IF YOU ARE RECEIVING RADIATION, CHEMOTHERAPY, IMMUNOTHERAPY OR HORMONAL TREATMENT



You may experience:

- ✓ Nausea (feeling sick) or vomiting
- ✓ Changes in breathing
- ✓ Fatigue (tiredness)
- ✓ "Chemo brain" or feeling forgetful or having difficulty concentrating

## BENEFITS OF REHABILITATION

Rehabilitation supports your recovery and overall well-being in several ways:



### PERSONAL EMPOWERMENT

Helps you feel more confident, prepared, and more in control throughout your treatment.



### PHYSICAL & PSYCHOLOGICAL RESILIENCE

Improves physical strength and emotional well-being, helping you manage treatment and daily activities.



### LONG-TERM HEALTH

Encourages healthy lifestyle habits that support your long-term health after a cancer diagnosis.

# PATIENT HOME EXERCISE PROGRAMME



## BREATHING EXERCISES

Perform these exercises regularly as instructed by your therapist. The breathing exercises include:

- ✓ **Diaphragmatic Breathing Exercise:** Place one hand on your abdomen. Breathe in through your nose and breathe out slowly through your mouth.
- ✓ **Thoracic Mobility Exercise:** Breathe in while lifting your hands and breathe out while lowering them.
- ✓ **Thoracic Expansion Exercise:** Take a deep breath in, hold for 3-5 seconds, then breathe out slowly.

Use an incentive spirometer daily to improve lung expansion and increase oxygen intake.



## PAIN MANAGEMENT

- ✓ Take your medications as prescribed.
- ✓ When coughing, sneezing, or moving, support your surgical area with a pillow or a folded towel.
- ✓ Avoid holding your breath or taking shallow breaths due to pain.



## FATIGUE & ENERGY CONSERVATION

- ✓ Feeling tired during recovery is normal.
- ✓ Pace yourself and avoid rushing activities.
- ✓ Take breaks when needed and balance activity with rest.
- ✓ Gradually increase your activity level over time.



## MOVEMENT & DAILY ACTIVITIES

- ✓ Start with short walks and gradually increase the distance.
- ✓ Avoid staying in bed for long periods.
- ✓ Continue simple daily activities as tolerated.
- ✓ Stay active to prevent stiffness and blood clots.
- ✓ Use a walking aid if needed to reduce the risk of falls.



## PROPER POSITIONING

- ✓ Sit upright as much as possible to help your lungs expand.
- ✓ Avoid lying down for long periods.
- ✓ Avoid slouching or lying on the operated side for long periods.



## ACTIVITY PRECAUTIONS



Avoid lifting, pushing, or pulling objects heavier than 2–3 kg in the early stages of recovery.

Avoid strenuous activities until your doctor or physiotherapist says it is safe.



Do not drive until your pain is well controlled and you are medically cleared by your doctor.

## GETTING OUT OF BED SAFELY AFTER THORACOTOMY



### IMPORTANT PRECAUTIONS

- ✓ Take your pain medication as prescribed if you are experiencing pain.
- ✓ Support your operated area with a pillow or folded towel when moving, coughing, or standing.
- ✓ Perform your breathing exercises before moving to regulate your breathing.
- ✓ Do not hold your breath while moving.
- ✓ Stop immediately if you experience:



Dizziness



Breathlessness



Sharp pain

### ✗ DON'T



Sit up suddenly.



Twist your upper body.

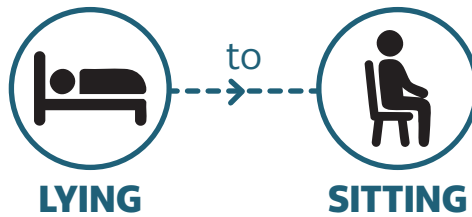


Continue moving if you feel severe pain.

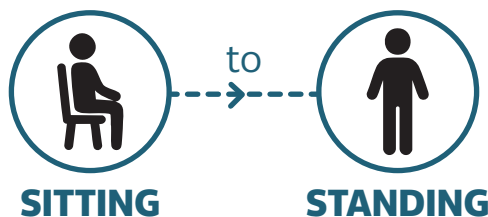


Get out of bed alone if you were advised not to.

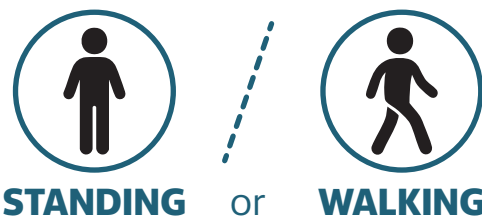
## STEP-BY-STEP GUIDE TO GETTING OUT OF BED



1. Bend your knees while lying on your back.
2. Roll onto your non-operated side.
3. Move your shoulders and hips together to avoid twisting your body.
4. Lower your legs off the bed and push yourself up with your arms until you are sitting.
5. Sit at the edge of the bed for a few minutes before standing.



1. Place both feet firmly on the floor and lean your body slightly forward.
2. Push up using your arms (use the bed or arm rest if needed).
3. Stand up slowly while maintaining good posture.
4. Stand for a few minutes before walking to avoid dizziness or giddiness.



1. Begin with slow, short walks and gradually increase the distance.
2. Use breathing exercises to help control your breathing.
3. Use assistance or walking aids if recommended by your therapist.