

Thoracic Surgery- Lung Resection Post-Op Instructions

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Follow these instructions at home:

- You may resume a normal diet at home, ensuring it is well balanced with fruits and vegetables
- Your incision will likely have glue, and you will typically have at least one non-absorbable suture
 - The suture will be removed in the office during your first post-op visit
 - You may shower washing over incisions lightly and pat incisions dry. You may place a gauze or band-aid over the chest tube site. Do not take baths, swim, or use a hot tub for at least 4 weeks
- Walk in increments of 10-15 minutes 2-4 times a day, increasing activity by small amounts daily
 - If you feel you are ready, try to add in stairs
 - Increasing physical activity will aid in your recovery, and promote a faster recovery
 - Increasing your activity will promote your lung recovery, and improve your exercise tolerance
- Practice deep breathing/coughing and use the incentive spirometer 10x/hr. This will also allow your lungs to fully expand and critical to clearing any mucous build-up in your lungs
 - Holding a pillow firmly over your ribs may help with the discomfort
 - A dry cough after surgery is not uncommon after surgery
- No lifting greater than 10-15lbs until seen in the office
- No driving until your pain is under control without narcotic medication
- Perform mobility exercises, such as arm circles 4x/day

Pain Management:

- Please take Tylenol 975mg every 6 hours as instructed
 - You may take Ibuprofen 600mg every 6 hours if permitted, alternating with tylenol
 - Example: Tylenol dose at 6am, Ibuprofen dose at 9am, Tylenol dose at 12pm, Ibuprofen dose at 3pm, etc
- Please make sure you are taking your Neurontin or Lyrica if prescribed
- You may use aspercreme up to 3 times daily on the affected area if you experience numbness or burning sensations. This is a topical medication that may help relieve pain
- Only use narcotic pain medication for pain that is not relieved by these other methods
- Taking your medication as prescribed will keep pain under control so that you are able to ambulate, cough, and take deep breaths

What to expect for your first post-op visit:

- You will need a chest-xray prior to the appointment
- We will assess your pain control, your incisions, and ongoing restrictions/return to work
- We will set up ongoing surveillance imaging if indicated

Please call the office if you experience:

Dr. Katigbak & Dr. McKelvey (860-696-4306) ; Dr. Kachala (860-696-4923)

- Fever greater than 101F
- If you notice any redness, swelling, increasing pain, or abnormal drainage coming from your incisions
- You cough up blood or pus, or develop a cough that produces bad-smelling sputum
- Any pain or swelling in your legs
- Increasing pain not controlled with medication