



## **SURGICAL ASSOCIATES PC**

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## **Recovery after Lung Surgery**

### **Wound Care**

Leave the chest tube dressing in place for 24 hours.

Remove the chest tube dressing when it is dry then it is ok to rinse all wounds in the shower. It is not necessary to scrub the wound and it is fine to get soap on the incision. Do not submerge the wound in a bath, pool or hot tub for one week. Do not apply any cleansers or ointments to the incision unless directed by your surgeon. If you want to apply another dressing make sure it is changed daily.

You will be taught to use an incentive spirometer by the Respiratory Therapists. Use it at least ten times every hour while you are awake.

Continue to eat a balanced diet with lean proteins at each meal and snack. Walk every 2 hours while you are awake.

### **Common Narcotic Side Effects and Prevention**

- Nausea - take the medication with a little food
- Light headedness - keep hydrated
- Constipation - see below
- Do not drive for a day after taking narcotics

### **Constipation Prevention**

Constipation usually resolves when you are more active, eating a balanced diet and stop taking narcotics. If you are prone to constipation, take a stool softener (Colace) or cathartic (Senokot-S, Miralax, Milk of Magnesia) 1-2 days prior to surgery. We suggest taking a cathartic while you take narcotics. If you feel bloated, take the medication twice a day or add a second cathartic medication. Stop the medications if your stools are loose.

### **Restrictions**

Do not lift more than 20 pounds for 2-4 weeks or as directed by your surgeon.

### **Call our Office for any of the Following Concerns**

- Sustained fever > 101.5 degrees
- Expanding redness or streaking around the incisions
- Pus or foul drainage
- Worsening or excessive pain
- Difficulty breathing, worse cough, substernal chest pain or palpitations

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm.

A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.