

Enhanced Recovery for Colorectal Surgery

This information leaflet aims to explain the role of your Physiotherapist, answer some questions you may have and outline some simple exercises that will benefit you during your hospital stay.

Why do I need to see a Physiotherapist?

- To assess your chest with the aim of preventing chest infection following the anaesthetic.
- To help you to return to your current level of activity after your operation.
- To prevent other post operative complications such as bedsores, circulatory problems and muscle weakness.

When will I see the Physiotherapist?

We aim to see you on the ward on the first day after your operation.

What will the Physiotherapist do?

- Question you regarding any previous chest complaints (e.g. smoking, asthma) and regarding your previous level of activity and independence.
- Assess your condition after the operation and provide you with simple exercises aimed at preventing chest and circulatory complications.
- Together with nursing staff encourage and assist you to walk up to 60m on the first day after your operation.
- Help you to improve your walking and independence on the ward.

What happens if I don't feel well after my operation?

- If you feel unwell after your operation, we will adapt our treatment but we will encourage you to do as much as possible.
- If you are in pain, we will talk with the doctors and nurses to make sure that you are given adequate pain relief.
- We can work around any equipment (e.g. drips) so that these do not hinder your recovery.

Begin the following techniques as soon as you feel well enough after your operation. If possible, it is best to start these on the same day as your operation:

Deep Breathing Exercises

These exercises fill your lungs with air and can help to remove any phlegm that may build up after your anaesthetic.

- Take a deep, exaggerated breath in through your nose, relax and sigh out through your mouth. Repeat 3 times every half an hour

Coughing Techniques

Coughing after your operation can be painful but it is important to remove any phlegm that may be on your chest, these techniques can help.

- Starting with your mouth wide open, imagine you are steaming up a mirror and blow air out quickly. Repeat 3 times every half an hour.

- Hug a pillow gently over your wound, bring your knees towards your chest, lean forwards and try a gentle cough.

If this is comfortable, take a stronger cough and spit out any phlegm into a tissue. Repeat every half an hour.

Leg Exercises

The following exercises help to maintain the strength and circulation in your legs until you are back on your feet.

- Pull your feet towards you and point them away briskly, keeping your legs straight. Repeat 10 times.
- In sitting straighten knees and lift one leg at a time. Repeat 5 times each leg.
- Squeeze both buttocks together and hold for 3 seconds. Repeat 10 times.

How much will I be expected to do?

A key part of your recovery from colorectal surgery is an early return to activity and independence.

This information outlines the milestones you can expect to achieve each day following your operation.

Day of Operation

- You will return from theatre recovery and will be encouraged to perform breathing and circulatory exercises in the bed.
- You will be sat up into a sitting position in the bed.
- In the evening, you will be assisted out of bed and into a chair by the nursing staff on the ward for a minimum time of 2 hours.

1st Day after op

- You will be assisted to sit out of bed and into your chair by the nursing staff on the ward.

- A Physiotherapist will visit you who will check your breathing and circulatory exercises.
- You will be assisted to walk 60m along the ward corridor in the morning. You will repeat this walk a further 3 times today, with assistance if required.

2nd Day after Op

- You will be continuing your breathing and circulatory exercises independently today.
- Assistance will be given (if required) to walk 60m along the corridor, at least 4 times today.

3rd Day after Op

- By now, you will be becoming more independent and will have fewer attachments (drips and drains).
- You will be encouraged to continue to walk the whole length of the corridor at least 4 times per day.
- You should be walking to the toilet and bathroom for personal care by now.

4th – 7th Day after Op

- You will continue to walk the length of the corridor at least 4 times per day until you go home.

Once your drips and drains have all been removed, you will be supervised to practice walking up and down a flight of stairs.

Further Information

You can get further information locally from
Customer Services on:

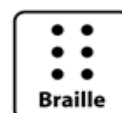
0151 529 3287
(Fax 0151 529 2019,
Textphone 0151 529 2523)

You can also contact:

Physiotherapy Surgical Team:
0151 529 3335

Hospital website:
www.aintreehospitals.nhs.uk

Chartered Society of Physiotherapy
www.csp.org.uk



If you require a special edition of this leaflet

This leaflet is available in large print,
Braille, on audio tape or disk and in other
languages on request. Please contact:

Tel No: 0151 529 2906

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@liverpoolft.nhs.uk](mailto:interpretationandtranslation@liverpoolft.nhs.uk)**