

# Enhanced Recovery for Liver 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 or critical care 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 possible after your operation. It is normal to feel unwell during the early days following your operation, but it is important to complete these exercises to reduce your risk of chest infections. 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.
- When in bed 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.

## Further Information

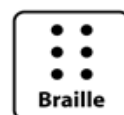
You can get further information locally from **Customer Services** on 0151 529 3287 (Fax: 0151 529 2019, Textphone: 0151 529 2523)

You can also contact:

Physiotherapy Surgical Team:  
0151 529 3335

Hospital website:  
[www.aintreehospitals.nhs.uk](http://www.aintreehospitals.nhs.uk)

Chartered Society of Physiotherapy  
[www.csp.org.uk](http://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 2104**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**