

PENN PATIENTS ENGAGED IN THEIR RECOVERY



Preventing Complications after Your Operation



INCENTIVE SPIROMETER EXERCISES

Repeat 10 times per hour.

AM																				
PM																				



COUGH AND BREATHE DEEPLY

Take deep breaths often and when using the spirometer.



ORAL CARE

Brush your teeth and use mouthwash twice daily.

AM																				
PM																				



UNDERSTAND ICOUGH PRACTICES

Do you understand why you are using ICOUGH?

Yes	No	Not sure
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GET OUT OF BED AND WALK THE HALLWAY

Walk at least 3 times per day.

Morning																				
Afternoon																				
Night																				



HEAD OF BED ELEVATION

Is the head of your bed elevated greater than 30 degrees?

Yes	No
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