

# Lung Surgery

## A Guide for Patients/Families



**This brochure provides information about Lung Surgery and its management after the procedure. It is designed to respond to the questions most frequently asked by patients and their family.**



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## **What will Happen in the Surgery?**

After you have been prepared for surgery, your surgeon will make an incision at the side of your chest. The surgeon will remove a part of your lung. A chest tube is put in to drain any excess fluid and air.

## **What will Happen After the Surgery?**

At first, you will recover in the special unit/Intensive Care Unit (ICU) for 24 hours. The next day, if all goes well, you will be moved to the ward.

### **Fluids**

An intravenous line will be in place to give you fluids and pain medications.

### **Incision**

You will have a large dressing over your incision. Your doctor/nurse usually removes this dressing 24-48 hours after surgery. Your incision will have stitches. There will also be a dressing around your chest tube. It will stay there until the tube is taken out.

## **Pain and Discomfort**

You will have 1 or 2 chest tubes, so it may hurt to cough, deep breathe and use your incentive spirometer. Your nurse will give you IV pain medication as ordered by your doctor. This will help you to do the deep breathing and coughing exercises well. They should be done every hour while you are awake for the first 24-48 hours and it is important to use the incentive spirometer 10 times in an hour while you are awake.



## **Diet**

After you have been moved to the ward/ICU, you will begin by having a clear, liquid diet. When you can tolerate this well, you will start a soft diet and then a regular diet. It is important to eat well to help your body heal.

## **Activity**

After lung surgery, activity is essential to prevent you from having breathing problems that might keep you in the hospital longer. The nurse will tell you what you can do to help yourself. Try to be independent. You will start sitting up in the chair then taking short walks as soon as your chest tubes do not have to be hooked up to the wall suction.

## **Discharge Instructions**

- Take normal diet.
- Your doctor will prescribe medications for the pain.
- Move about as much as you can as per your doctor's advice. It will help you recover faster.
- Balance rest periods with activity so you do not get too tired.
- You can take a bath or shower but use a mild soap when the wound is dry and healing (no open areas).
- Look at your wound every day for signs of infection. A mild soap and soft towel should be used to clean your incision.



**Call your doctor or go to the Emergency if you have:**

- Fever of 100°F or higher.
- Redness, swelling or drainage from the incision.
- Shortness of breath.
- Pain not controlled by your pain medication.
- Any symptoms like you had prior to surgery.

**Follow-up care**

You will be given an appointment to see your doctor in the clinic. It is important to keep this appointment in order that your doctor can monitor your progress and be sure you are recovering safely.

**For further information, please call:**

B-1 Ward  
Aga Khan University Hospital  
Karachi.  
Phone : 4930051, Ext : 2190-91

Section of Emergency Medicine  
Aga Khan University Hospital  
Karachi.  
Phone : 4930051, Ext : 1090-91