



Your discharge plan

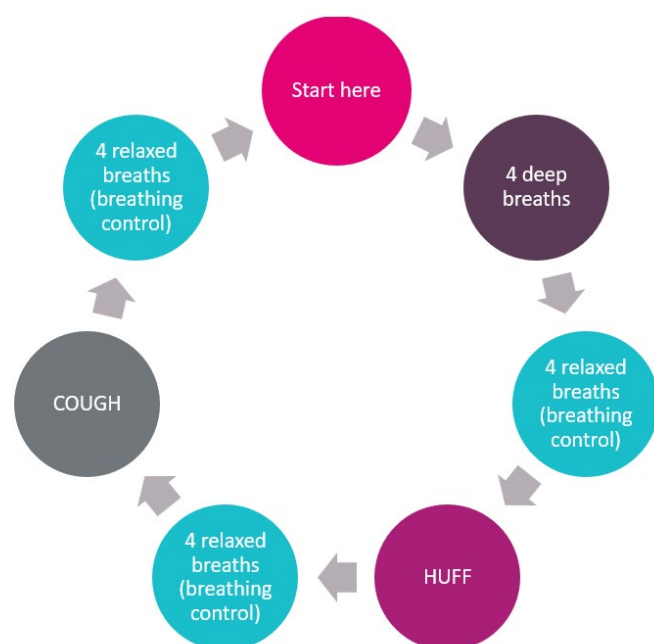
Wear your TED stockings every day for 7 days after your surgery						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
Complete your breathing exercises 4 times a day for 7 days after your surgery						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning ☐ ☐	Morning ☐ ☐	Morning ☐ ☐	Morning ☐ ☐	Morning ☐ ☐	Morning ☐ ☐	Morning ☐ ☐
Night ☐ ☐	Night ☐ ☐	Night ☐ ☐	Night ☐ ☐	Night ☐ ☐	Night ☐ ☐	Night ☐ ☐

Breathing exercises

To keep your lungs healthy and reduce the risk of chest infections, please complete your deep breathing and coughing exercises

4 times per day:

- **2 times** in the morning
- **2 times** at night.



For more information

We're committed to supporting you before, during and after your surgery.

If you have any questions, please contact your surgical or nursing teams.

Contact us

**The Royal Women's Hospital
Day Surgery Unit**

Telephone: (03) 8345 3300

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au