

The Healing Process



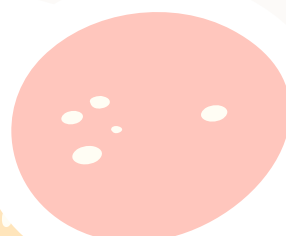
Physiotherapy is an important adjunct in the recovery process after heart surgery. There is a lot to prepare for before and after the operation. But once all these steps are followed and practiced daily, the patient's recovery will be expedited.

What You Need to Know

Physiotherapy starts before the surgery, once a patient is admitted and listed for elective surgery. The patient and their family will receive training and preparation on what to expect from the treatment, immediately after surgery and the appropriate at-home care. Children seven years and above will receive a breathing exerciser (incentive spirometer) to improve chest expansion.

The Art of Healing

The day following the surgery, the physiotherapist will assist the patient in clearing the lungs and further improve chest expansion.





Physiotherapy Approach

- 1** Pre-Operative Education
- 2** Lung and Chest Care
- 3** Mobility
- 4** Physiotherapy Advice and Home Care.

The physiotherapist will teach mobility exercises to the patients, allowing them to achieve independence in their daily lives.

The physiotherapist will also review and monitor patients process on a daily basis.

Those who are stable and deemed "fit" will continue physical exercises in the gymnasium until their discharge.

Home Alone with a Hole in the Heart

Patients can do many things to help the healing process once they have safely reached the comfort of their own beds.

IJN's physiotherapists will continue to educate the patient in post operative activities such as getting in and out of bed correctly without causing undue discomfort or pain at the sternum.

Parents and families will also receive education on how to nurse or carry their children appropriately post surgery.

Have no fear, the physiotherapist is here!

They will explain on home exercise guidelines including the do's and don'ts following corrective heart surgery.

Patients can be assured they are in safe hands, and need not worry about what will happen to them after surgery.

The recovery process is slow but with proper guidances and supervision, patients will enjoy a better quality of life.

