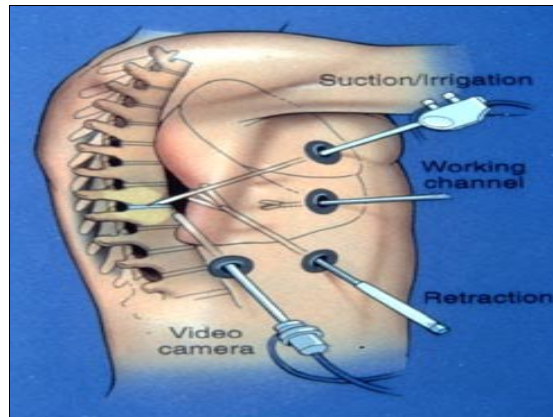


WHY IT'S DONE

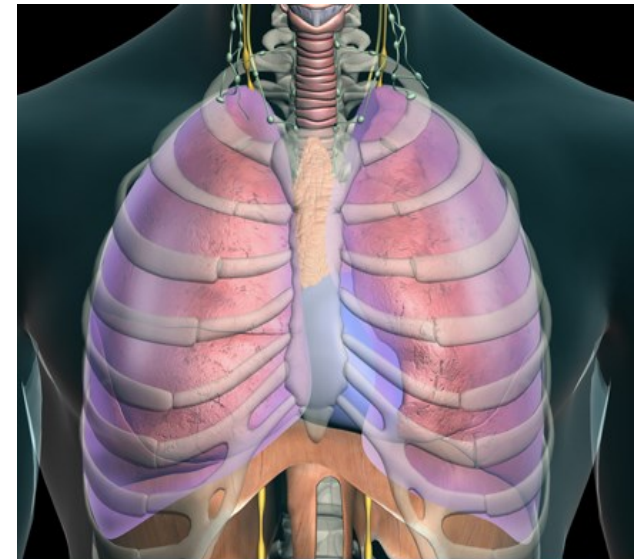
- Biopsy to diagnose lung cancer, mesothelioma and other chest cancers.
- Lung surgery, such as surgery to treat lung cancer and lung volume reduction surgery.
- Remove excess fluid or air from the area around the lungs.
- Surgery to relieve excessive sweating (hyperhidrosis).
- Thymus gland removal surgery (thymectomy).

WHAT IS VATS

- Video-assisted thoracoscopic surgery (VATS) is a type of thoracic surgery performed using a small video camera that is introduced into the patient's chest via a scope.
- Traditionally, thoracic surgery performed for diagnosis or treatment of chest conditions has required access to the chest through thoracotomy or sternotomy.



**UNIVERSITY
OF MALAYA
MEDICAL CENTRE**



Anterior view of the chest showing left and right lungs.

**VIDEO ASSISTED-
THORACOSCOPY SURGERY
(VATS) – by CARDIAC OT STAFF**

WHAT YOU CAN EXPECT

1. Given a general anesthetic which means you are asleep during surgery.
2. Surgeon makes small incisions in your chest and inserts specially designed surgical instruments to perform the procedure.
3. You may be in surgery one to two hours, though that can vary depending on your situation.



HEALTH EDUCATION AFTER SURGERY

1. MANAGING YOUR PAIN

- eat medicine
- heat and cold therapy
- breathing exercise eg:
 - inhale a deep breath



2. WOUND CARE

- redness
- swelling
- drainage of fluid or pus
- fever

3. DIET

- eat high protein food such as beef, chicken
- take fiber diet such as fruits, vegetables to prevent constipation
- drink a lot of fluids



4. ACTIVITY

- walk
- do not lift object heavier
- plan daily activity to rest often



5. FOLLOW UP