



Recovery tracker

Time after operation	How might I feel?	What is safe to do?	Fit to work?
1 - 4 days	<ul style="list-style-type: none"> You are likely to be in hospital during this time You will have some pain and discomfort in abdomen You may feel sore moving in and out of bed You may have some bleeding like a light period 	<ul style="list-style-type: none"> Get up and move about Go to the toilet Get yourself dressed Start eating and drinking as usual You will feel tired and feel like a sleep in the afternoon 	 No
5 - 7 days	<ul style="list-style-type: none"> You should be at home by now Your pains should be reducing in intensity and you will be able to move about more comfortably You will still tire easily and may require a nap during the day 	<ul style="list-style-type: none"> Continue as for days 1 - 4 Go for short walks Continue with exercises that have been recommended to you Wash and shower as normal Have a rest or sleep in the day if you need to 	 No
1 - 2 weeks	<ul style="list-style-type: none"> There will be less pain as you move about and you will find your energy levels slowly returning Bleeding should have settled or be very little 	<ul style="list-style-type: none"> Build up your activity slowly and steadily Restrict lifting to light loads 	 No
2 - 4 weeks	<ul style="list-style-type: none"> There will be even less pain as you move about more and more You will find your energy levels are returning to normal You should feel stronger every day 	<ul style="list-style-type: none"> Continue to build up the amount of activity you are doing towards your normal levels You can start to do low-impact sport Make a plan for going back to work 	 Yes, on reduced hours or lighter duties
4 - 6 weeks	<ul style="list-style-type: none"> Almost back to normal You may still feel tired 	<ul style="list-style-type: none"> All daily activities including lifting Usual exercise. Driving. Have sex if you feel ready 	 Yes, but not heavy work
6 - 8+ weeks	<ul style="list-style-type: none"> Back to normal 	<ul style="list-style-type: none"> Everything 	 Yes, including heavy work If you don't feel ready to go to work, talk to your GP or employer about the reasons for this