

# Recovery tracker

Time after operation	How might I feel?	What is safe to do?	Fit to work?
<b>1 - 2 days</b>	<ul style="list-style-type: none"> <li>You are likely to be in hospital during this time</li> <li>You will have some pain and discomfort in abdomen</li> <li>You may feel sore moving in and out of bed</li> <li>You may have some bleeding like a light period</li> </ul>	<ul style="list-style-type: none"> <li>Get up and move about</li> <li>Go to the toilet</li> <li>Get yourself dressed</li> <li>Start eating and drinking as usual</li> <li>You may feel tired and perhaps feel like a sleep in the afternoon</li> </ul>	 No
<b>3 - 7 days</b>	<ul style="list-style-type: none"> <li>You should be at home by now</li> <li>Your pains will slowly be reducing in intensity and you will be able to move about more comfortably</li> <li>You will still tire easily</li> </ul>	<ul style="list-style-type: none"> <li>Continue as for days 1 - 2</li> <li>Go for short walks</li> <li>Continue with exercises that have been recommended to you</li> <li>Wash and shower as normal</li> <li>Have a sleep or rest in the afternoon if you need to</li> </ul>	 No
<b>1 - 2 weeks</b>	<ul style="list-style-type: none"> <li>There will be less pain as you move about and you will find your energy levels slowly returning</li> <li>Bleeding should have settled or be very little</li> </ul>	<ul style="list-style-type: none"> <li>Build up your activity slowly and steadily</li> <li>You are encouraged to go for longer and more frequent walks</li> <li>Restrict lifting to light loads</li> </ul>	 Not just yet
<b>2 - 4 weeks</b>	<ul style="list-style-type: none"> <li>There will be even less pain now as you move more and more</li> <li>You will find your energy levels returning to normal</li> <li>You should feel stronger every day</li> </ul>	<ul style="list-style-type: none"> <li>Continue to build up the amount of activity you are doing towards your normal levels</li> <li>You can start to do low-impact sport</li> <li>Make a plan for going back to work</li> </ul>	 Yes, possibly on reduced hours or lighter duties at first. Some women will be fit for full-time work after 4 weeks
<b>4 - 6 weeks</b>	<ul style="list-style-type: none"> <li>Almost back to normal</li> <li>You may still feel tired and need to rest more than usual</li> </ul>	<ul style="list-style-type: none"> <li>All daily activities including lifting</li> <li>Usual exercise</li> <li>Driving</li> <li>Have sex if you feel ready</li> </ul>	 Yes, but if you don't feel ready to go to work, talk to your GP or employer about the reasons for this