






Recovery tracker

Time after operation	How might I feel?	What is safe to do?	Fit to work?
1 - 2 days	<ul style="list-style-type: none"> You are still likely to be in hospital during this time You will have some generalised aches in your 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 may feel tired and perhaps feel like a sleep in the afternoon 	 No
3 - 7 days	<ul style="list-style-type: none"> You should be at home by now Your pains should be slowly be reducing in intensity and you will be able to move about more comfortably You will still tire easily 	<ul style="list-style-type: none"> Continue as for days 1 - 2 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 afternoon if you need to 	 No
1 - 2 weeks	<ul style="list-style-type: none"> There will be less pain as you continue to 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 You are encouraged to go for longer and more frequent walks Restrict lifting to light loads 	 Not just yet
2 - 4 weeks	<ul style="list-style-type: none"> There will be even less pain as you move 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, possibly on reduced hours or lighter duties at first. Some women will be fit for full-time work after 4 weeks
4 - 6 weeks	<ul style="list-style-type: none"> Almost back to normal You may still feel tired and need to rest more than usual 	<ul style="list-style-type: none"> All daily activities including lifting Usual exercise Driving Have sex if you feel ready 	 Yes, but if you don't feel ready to go to work, talk to your GP or employer about the reasons for this