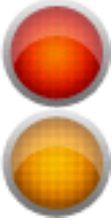




Days Post Op	How you might feel	Things you can do safely	Traffic light	Fit to work?
1 - 2 days	<p>You are still likely to be in hospital with generalised aches in your abdomen and perhaps some shoulder pain.</p> <p>Moving in and out of bed may be sore.</p>	<p>Get up and move about, get yourself dressed and eat and drink as usual.</p> <p>You will feel tired and perhaps feel like a sleep in the afternoon.</p>		No
3 - 7 days	<p>Your pains will slowly be reducing in intensity and you will be able to move about more comfortably. You will still tire easily.</p>	<p>Continue as day 1-2</p> <p>Go for a short walk in the morning - no longer than 10 minutes-then go home and rest. You may want to go for another short walk or two in the afternoon. These movements help keep the joints and muscles supple</p>		No
1 - 2 weeks	<p>There will be less pain as you move more and more and you will find your energy levels slowly returning.</p>	<p>Build up the activities you do around the house. You are encouraged to go for longer and more frequent walks during the day but to still rest after each one.</p>		Not just yet

<p>2 - 4 weeks</p>	<p>There will be even less pain now as you move more and more and you will find your energy levels returning to normal.</p> <p>You should feel stronger every day.</p>	<p>Build up the activities you do around the house to pre-operative levels. You are encouraged to go for longer and more frequent walks during the day and to perhaps limit your rest period to one in the afternoon.</p> <p>Talk to your doctor about going back to work.</p>		<p>Yes, possibly on reduced hours or light duties at first. Most people will be back to full-time work after 4 weeks.</p>
<p>6 weeks</p>	<p>If you haven't had any complications from surgery, you should be back to your full range of activities. You may still feel easily fatigued and need to rest more than usual.</p>	<p>If you haven't had any complications to do with your surgery, and you're still off work, it's possible that you're feeling anxious about returning to work and could do with a bit of help from your GP and your employer. Talk to them both about a gradual return to work.</p>		<p>Yes</p>