ACTIVITY

• Walk…walk…walk
• Climb stairs in moderation
• NO lifting greater than 10 lbs for at least 4 weeks
• Will fatigue easily
• Space activities (frequent short walks rather than 1 long one)
• Maintain hydration
To minimize the risk of developing a blood clot…

- Avoid prolonged sitting
- Do foot exercises every 30 minutes
- Do not restart birth control or HR until 6 weeks post-op
- Avoid traveling long distances
  
  (6 weeks before travel by plane, stops every hour if traveling by car)

Hydrate!
ACTIVITY (Continue)

• Remember: frequent walks and adequate hydration!

• NO DRIVING UNTIL...
  • You are off narcotics
  • No longer fatigued or in pain