

Recovery tracker following abdominal hysterectomy

Time after operation	How might you feel?	What is safe to do?	Fit to work?
1-4 days	<ul style="list-style-type: none"> You will likely still be in hospital. You will likely be experiencing some discomfort in the abdomen. You will likely feel sore getting in and out of bed. You may have some bleeding, similar to a light period. You will likely feel tired and may need to nap. 	<ul style="list-style-type: none"> Get up and move about. Go to the toilet. Get yourself dressed. Eat and drink as you usually would. 	No X
5-7 days	<ul style="list-style-type: none"> You should be home by now. Your discomfort will likely have reduced and you should be moving more comfortably. You will still tire easily and may need a nap during the day. 	<ul style="list-style-type: none"> Continue as for days 1-4. Go for short walks. Continue with exercises recommended by your physiotherapist. Wash and shower as normal. 	No X
1-2 weeks	<ul style="list-style-type: none"> There will be less discomfort as you move about and you will find your energy levels slowly returning. There should be little to no bleeding. 	<ul style="list-style-type: none"> Begin to slowly increase activity levels. Restrict lifting to light loads (maximum of new born baby weight). 	No X
2-4 weeks	<ul style="list-style-type: none"> Less discomfort is expected. Energy levels should be 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 to go back to work. 	Yes ✓ On reduced hours or lighter duties.



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<p>4-6 weeks</p>	<ul style="list-style-type: none"> • Almost back to normal. • You may still feel tired. 	<ul style="list-style-type: none"> • All activities including: lifting, driving and any exercise. 	<p>Yes ✓ No heavy work.</p>
<p>6-8 weeks +</p>	<ul style="list-style-type: none"> • Back to normal. 	<ul style="list-style-type: none"> • Everything. • Sex (if you feel ready). 	<p>Yes ✓ Including heavier duties.</p> <p>If you don't feel ready to go back to work, speak to your GP and your employer.</p>

