

## Recovery tracker following pelvic floor repair

Time after operation	How might you feel?	What is safe to do?	Fit to work?
1-2 days	<ul style="list-style-type: none"> <li>You may be back at home by now.</li> <li>You will likely be experiencing some discomfort in your lower abdomen and vagina.</li> </ul>	<ul style="list-style-type: none"> <li>Eat and drink as you usual.</li> <li>Get out of bed and move around.</li> <li>Do your exercises recommended by your physiotherapist.</li> </ul>	<p>No</p> <p>X</p>
3-7 days	<ul style="list-style-type: none"> <li>You will still be a little uncomfortable.</li> <li>You will likely feel tired and may need to nap.</li> </ul>	<ul style="list-style-type: none"> <li>Get up, get dressed and move around the house.</li> <li>Start daily walks.</li> <li>Continue with your exercises as advised.</li> </ul>	<p>No</p> <p>X</p>
1-2 weeks	<ul style="list-style-type: none"> <li>You should be experiencing less discomfort as you move.</li> <li>Increased energy levels.</li> </ul>	<ul style="list-style-type: none"> <li>Go for walks daily, gradually building up the length and frequency.</li> <li>Build up your activity levels around the house, but no housework.</li> <li>You can lift the equivalent of new born baby weight (8lbs).</li> </ul>	<p>No</p> <p>X</p>
2-3 weeks	<ul style="list-style-type: none"> <li>You should be pain-free and feeling much stronger.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to build up the length and frequency of your walks.</li> <li>You may still feel like a rest after your walk.</li> <li>Build up your activity levels around the house, but avoid heavy housework duties.</li> </ul>	<p>Yes</p> <p>✓</p> <p>Possibly on reduced hours or lighter duties at first.</p>



## Recovery tracker following pelvic floor repair

<p><b>3-4 weeks</b></p>	<ul style="list-style-type: none"> <li>You should feel stronger every day.</li> <li>If you haven't had any complications from surgery, you should be back to your full range of activities.</li> </ul>	<ul style="list-style-type: none"> <li>You should be back to your usual level of walking.</li> <li>Reduce your rest periods during the day.</li> <li>Progress your activity levels in the house.</li> </ul>	<p><b>Yes</b> ✓ If your work involves heavy manual handling, you are likely to need longer unless you can adjust your duties.</p>
<p><b>4-6 weeks</b></p>	<ul style="list-style-type: none"> <li>If you haven't had any complications from surgery, you should be back to your full range of activities.</li> </ul>	<ul style="list-style-type: none"> <li>Make sure you continue any healthy lifestyle changes.</li> <li>Make sure you have the correct posture for lifting.</li> <li>Keep doing your pelvic floor exercises.</li> </ul>	<p><b>Yes</b> ✓ If your work involves heavy manual handling, you may need 6 weeks off work.</p>
<p><b>6-8 weeks</b></p>	<ul style="list-style-type: none"> <li>If you haven't had any complications from surgery, you should be back to your full range of activities.</li> </ul>	<ul style="list-style-type: none"> <li>Should you still be off work, speak to your GP or employer about a more gradual return to work.</li> <li>Keep doing your pelvic floor exercises.</li> </ul>	<p><b>Yes</b> ✓ You should be returning to work.</p>

