



Activity After Surgery

In general, we favor patients staying active after surgery. The most helpful activity after surgery is walking. Climbing stairs is also permitted following the majority of procedures. Depending on the type of surgery and level of pain, patients can modify duration of walking from 1-2 minutes to 10-15 minutes each time. The best guide in helping determine how much walking is appropriate is patient's own perceived effort. Getting tired easily is normal after surgery. Remember to rest between periods of activity. Avoid prolonged periods of rest during the day, in order to minimize risk of deep venous thrombosis.

In the first 2-3 weeks after surgery, avoid strenuous exercise or lifting weight heavier than 20 lbs. For most procedures, patients are allowed to return to moderate activities such as running, riding a bike, or light resistance training after 3 weeks. Although swimming is a moderate-level activity, you are advised against soaking fresh incisions under water during the first 4 weeks after surgery. Similarly, exercises that specifically engage the core muscles (e.g., Pilates) should be avoided until 4 weeks after surgery. It is generally permitted to return to strenuous activities after 4-6 weeks. Discuss specific long-term limitations with Dr. Zaré during your post-operative visit.

Listen to your body. If an activity causes undue discomfort, avoid the activity.

Avoid driving while using prescription pain medications.

Return to Work After Surgery

Patients have different levels of tolerance for activity after surgery. The decision to return to work depends upon your level of tolerance, and the nature of your work. If your job does not require strenuous activity, you may return to work after a few days. Start with light work & advance gradually. Discuss this during the follow-up visit. If you plan to file for disability, please bring necessary forms to our office.