

7 SURGERY RECOVERY TIPS

These tips will support your healing and help you recover well. Remember to make sure everything you do fits with the instructions of your doctor and health team. If in doubt, ask them.

1 DO WHAT YOU'RE TOLD

Follow the instructions of your doctor and health team—whether that's walking every few hours, doing specific breathing exercises, or using ice to reduce pain and swelling.

2 TAKE YOUR MEDS

Medications can be an important cornerstone of your recovery. They might even be lifesaving such as anti-seizure medications given after brain surgery or antibiotics to fight post-operative infection. Check out our [Medication Tracker](#) in Resources.

3 CONTROL PAIN

Experts agree that it can be much harder to get pain under control once it's spiraled out of hand. The Cleveland Clinic's webpage, [Pain Control After Surgery \(i\)](#), explains why it's important to manage pain. You may not be able to be completely pain-free, but it should be tolerable. Make sure you let medical staff know if your pain meds are not working.

4 TAKE IT EASY & LISTEN TO YOUR BODY

Now is not the time to push yourself. Again, follow your doctor's guidelines. Doing too much too soon is a sure way to delay your recovery. Bodies need energy to heal. If you have to go back to work sooner than you'd like, try to add rest breaks to your workday. Do as little as possible when you get home and try to add an hour or two to your sleep.

5 GO TO YOUR FOLLOW-UP APPOINTMENTS

It might be tempting to skip appointments with your family doctor or surgeon, but these visits are important to your healing. They can identify any potential complications and help to make sure your recovery is going as expected.

6 REST, AND BE ACTIVE

Rest is important for healing. And so is gentle physical activity. It can help prevent blood clots, keep your bowels functioning, improve your mood, and more. Make sure you have your doctor's clearance before doing any kind of movement or exercise—and that goes for driving too.

7 EAT, DRINK & BE MERRY

You may not have a big appetite after surgery but it's important to eat nutritious foods—even in small amounts. Make sure you stay well hydrated too. And last but not least, it's been said that laughter is the best medicine. It can definitely boost your mood and support healing. Now is a great time to watch comedies or read funny stories. Ask friends and family to send you their favorite funny materials!

References:

- [i] [Cleveland Clinic, Pain Control After Surgery webpage](#) (sourced 10/5/2021)