

Post Surgery Rehabilitation:

Recover from surgery with these tips:

Sleep Hygiene: Sleep has a major impact on pain and recovery! To ensure a good night's rest try:

- Turn lights, TV, cellphone, and computer off one hour prior to bed time.
- No checking social media or e-mails before bed.
- Keep your bedroom dark and cool.
- In the hour before sleep: relax, breath, stretch, meditate, or read.
- Keep caffeine to a minimum, especially in the afternoons and evenings.
- Medicine should be taken per your doctor's advice

Take control of swelling: Swelling is a normal part of the healing process, but can cause pain and stiffness if not managed.

- Be careful of sodium intake, especially foods that are high in salt such as deli meats, sauces, pickles, chips, or sports drinks. Apply ice several times per day after exercising, standing for a long period, or walking. Ice for 10-15 minutes at a time.
- If it is an extremity, elevate above heart level for several hours during the day.
- Wear compression stockings per your doctor's orders.
- Follow your home exercise program to increase blood flow and help drain away lymph fluid from tissue.

Nutrition: Maintaining proper nutrition and hydration is also an important part of recovery. Your body will have a hard time healing if it does not have the fuel it needs to get better.

- A balanced, healthy diet can help promote healing, minimize complications, and reduce the side effects of anesthesia.
- Protein is important for wound healing and muscle repair. It can be consumed through chicken, eggs, cottage cheese, lean beef, Greek yogurt, etc.
- The vitamins found in fruits also help promote proper healing
- Veggies! Fiber is important to keep constipation away, and get that digestive tract moving.
- Aim to drink approximately 10 8 oz. glasses of water per day.

Get Moving: With your doctor's permission, walking is a gentle way to return to physical activity and help increase circulation and flow of lymph fluid.

- Walking should be based on your tolerance, and more strenuous activities should not be started until cleared by your doctor.
- Will help prevent blood clots, deep vein thrombosis, and pneumonia.
- Could also help get the bowels moving and prevent constipation.

Prevent Infection & Monitor Incisions: Stopping infection is one of the easiest and most important things you can do after surgery. Quick identification of infection is key for successful treatment.

- Make sure to wash your hands regularly and before touching your incision.
- Look at the color of the drainage from your wound. Green or yellow discharge or a foul smell could mean possible infection.
- Redness that is spreading, sudden increases in swelling, the area seems hot to the touch, or increase in body temperature are other signs of infection.
- Keep your incision clean, covered, and dry. You should not soak the area or scrub the incision.

Know When to Seek Medical Attention: If you are having trouble breathing, have pain in your calf, cannot eat or drink, have incisional bleeding, cannot urinate, or notice signs of infection (previously mentioned) you need to call your surgeon. If it is after office hours or you cannot get a hold of them, the emergency room should be your next stop.