

# Post-surgery Depression

Depression and sadness can be a surprising and difficult part of recovery from surgery. It's not just the body that needs time to recover; the emotional impact can also leave us feeling vulnerable and confused. Feeling strong emotions is normal, but prolonged sadness or severe emotional distress shouldn't be ignored.

While these feelings might seem disconnected from the surgery itself, they're quite common. These feelings may last a few days or can go on for weeks or longer in some cases. Talking to your healthcare provider is recommended.



Here are some common symptoms to watch for:

- Ongoing feelings of sadness or emptiness
- Anxiety or irritability
- Difficulty concentrating or making decisions
- Fatigue or lack of energy
- Loss of interest in activities
- Feelings of hopelessness or despair
- Changes in sleep or eating habits
- Thoughts of suicide or of harming oneself or others

[Read our blog post](#) for more information about post-surgery depression.

