



## **Activity**

It is common in the first few days at home to feel a little more tired than expected. Your illness and your surgery are a large physiologic stress on the body, and it takes time to recover. Your activity level should increase as you move around your home. Fatigue is not a problem, and you should not limit your activity because of it. Compensate by getting extra rest after your activity is completed. You may feel fatigued for up to 8-12 weeks after surgery.

- You may return to full activity (including exercise or sexual intercourse) when you feel up to it, which is usually after your follow-up appointment. Check with your surgeon if you have specific questions.
- You may perform normal daily activities when as you feel able. This includes getting in and out of bed, walking up and down stairs, walking outside the house, traveling as a passenger in a car or a plane, etc.
- You should not drive while you are taking narcotic pain medications.