

Activity and Exercise

Gradually increase your exercise as you get stronger. Walking is a good form of exercise. You may begin walking immediately after surgery. Increase your walking with a goal of two to three miles per day. In inclement weather, shopping malls are a good place to walk.

Do not drive for ten days unless approved by your surgeon. Early after the operation, do not sit with your legs cramped for more than ½ hour to deter blood clot formation. Therefore, limit car trips even with someone else driving in the early weeks after surgery.

After three weeks you may start a graduated program of sports, exercise, physical work and sex as tolerated. The length of absence from work is very individual and varies depending on your job.