

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 after surgery, 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 to 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.