



## Get Up and Get Moving After Surgery



### Overview

When your surgery is done, you may be surprised at how quickly we get you up and moving. Why do we do this? Because it helps speed your recovery. Let's take a moment to learn about the benefits.

### Too much rest isn't good for you

We used to think that the main way we healed was by a lot of bed rest. But this causes problems. Your muscles get weak. You can get blood clots and bed sores. You can develop pneumonia because you're not breathing deeply and clearing fluid from your lungs. And you can feel trapped and restless when you're confined to a bed.

### Getting you moving

To avoid these problems, we assist you with ambulation, or getting up and moving around. Although the goal is to get you out of bed and walking around, you may not be able to do that at first. If you can't get out of bed, we sit you up. You'll change positions during the day. And, we'll have you do leg exercises to help with blood flow.

### Walking

As soon as you're able, we get you out of bed and onto your feet. We start with short walks. We assist you as needed until you can walk on your own. Gradually, we'll have you taking longer walks through the halls. We may have you do these several times a day to help build your strength.

### Lung health

We also want to keep your lungs healthy. Expect to do some deep breathing exercises. And expect to be asked to cough regularly.

### Conclusion

By following your care plan, you help ensure a safe and speedy recovery. For more info, talk to your care provider.