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# Activity guide following Laparoscopic and Robotic Major Gynaecological Surgery

Patient Information Leaflet

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### Activity guide following Laparoscopic and Robotic Major Gynaecological Surgery

This activity chart is a general guide to helping you progress your activities. Try to get some rest every day in the early stages of your recovery. Your operation and the type of work you do will affect when you go back to work.

N.B. After a Subtotal Laparoscopic Hysterectomy, all activities can be safely performed after 2 weeks.

After open operation, majority of activities need to be postponed upto 6 and 12 weeks

Please your doctor if you have any doubt.

Week	Exercise as advised by physio, including walking	Making a drink	Light housework	Cooking	Driving	Swimming	Sex	Vacuuming	Heavy lifting i.e toddlers, shopping bags	Aerobic exercise	Heavy Gardening
1	Yes	Yes	No	No	No	No	No	No	No	No	No
2	Yes	Yes	Yes	Yes	*Yes	No	No	No	No	No	No
3	Yes	Yes	Yes	Yes	*Yes	Yes	No	No	No	No	No
4-5	Yes	Yes	Yes	Yes	*Yes	Yes	No	No	No	No	No
6-7	Yes	Yes	Yes	Yes	*Yes	Yes	Yes	Yes	Yes	Yes	No
8-11	Yes	Yes	Yes	Yes	*Yes	Yes	Yes	Yes	Yes	Yes	No
3 months	Yes	Yes	Yes	Yes	*Yes	Yes	Yes	Yes	Yes**	Yes**	Yes**

\*Ensure you are able to perform an emergency break to ensure your motor insurance is covered.

\*\*No heavy lifting, heavy gardening or aerobic exercise for at least 6 months after a prolapse repair.