

# RECOVERY TIMES

## TOTAL HYSTERECTOMY WITH BILATERAL OOPHORECTOMY

The chart below is intended as an **approximate** guide as to when you might consider returning to day-to-day tasks. If you do not feel ready or experience any discomfort when attempting activities, it is advised that you defer them for longer. Apply common sense and listen to your body when in your recovery. Seek medical advice if you have any concerns.

WEEKS AFTER THE DATE OF SURGERY									
ACTIVITY TYPE	1	2	3	4	5 & 6	7 & 8	9 & 10	11 & 12	BEYOND
MAKING A HOT DRINK	YES	YES	YES	YES	YES	YES	YES	YES	YES
EXERCISE GIVEN BY PHYSIO/PHYSICAL THERAPIST	NO	<b>START</b>	YES	YES	YES	YES	YES	YES	YES
SHORT WALK	NO	NO	<b>START</b>	YES	YES	YES	YES	YES	YES
LIGHT HOUSEWORK (DUSTING)	NO	NO	<b>START</b>	YES	YES	YES	YES	YES	YES
COOKING	NO	NO	<b>START</b>	YES	YES	YES	YES	YES	YES
DRIVING	NO	NO	NO	<b>POSSIBLY*</b>	YES	YES	YES	YES	YES
RETURN TO WORK (DESK JOB)	NO	NO	NO	NO	<b>START</b>	YES	YES	YES	YES
SWIMMING	NO	NO	NO	NO	<b>START</b>	YES	YES	YES	YES
VACUUMING & IRONING	NO	NO	NO	NO	NO	<b>START</b>	YES	YES	YES
RETURN TO AEROBIC EXERCISE	NO	NO	NO	NO	NO	NO	<b>START</b>	YES	YES
HEAVY WASHING LOAD	NO	NO	NO	NO	NO	NO	<b>START</b>	YES	YES
LIGHT GARDENING (NO DIGGING)	NO	NO	NO	NO	NO	NO	<b>START</b>	YES	YES
HOUSEHOLD SHOP	NO	NO	NO	NO	NO	NO	<b>START</b>	YES	YES
SEX WITH PENETRATION	NO	NO	NO	NO	NO	NO	<b>START</b>	YES	YES
RETURN TO NORMAL WORK	NO	NO	NO	NO	NO	NO	NO	<b>START</b>	YES