

# Walking after Surgery

➤ English

➤ 2018

**Walking after your operation is one of the most important things you can do to prevent complications.**

- Walking helps the flow of blood around your body which is important for wound healing.
- Walking helps expand your lungs & helps prevent chest infections.
- Walking strengthens your muscles.
- Walking helps your digestion and urinary tract function.

## **The plan for walking after your operation**

**4 hours after your operation the nursing staff will help you:**

- Hang your legs over the edge of the bed
- Sit out of bed for 10-20 minutes.

**1 day after your operation the nursing staff will help you:**

- Walk to the shower
- Sit out of bed for 2 hours in the morning and 2 hours in the afternoon
- Walk 50m in the morning and 50m in the afternoon.

**2 days after your operation the nursing staff will help you:**

- Sit out of bed for 3 hours in the morning and 3 hours in the afternoon
- Walk 100m the morning, afternoon and evening.

**3 days after your operation the nursing staff will help you:**

- Sit out of bed for 4 hours in the morning and 4 hours in the afternoon
- Walk 100m four times.

**From day 4 onwards we strive to have you out of bed for the whole day and have you walking at least 100M four times throughout the day.**

*Professional interpreters are available if you need help understanding or speaking in English. You may have a family member or friend present, but all communication about your treatment should be through a professional interpreter. Interpreter services are free and confidential. It is your right to ask for an interpreter if one is not offered to you. The staff will book the interpreter for you.*



**Health**  
South Eastern Sydney  
Local Health District