

# *Life After Surgery*

## 6 Tips To Optimal Post-Op Recovery

If any type of surgery is in your near future, you will want to start preparing for it. Not only will you want to prepare for the surgery itself, but also prepare for how it will affect your life post operation. Maybe you will need to start preparing meals, or learning how to properly stretch. Our team at Atlantic Orthopaedics and Sports Medicine has gathered a list of 6 tips to having a smooth, successful, and healthy recovery.



### *Eat Your Fruits & Veggies!*

An important factor to having a healthy and speedy recovery is having a healthy diet. Make sure you're eating three meals a day and eating a variety of foods. If you weren't a fan of fruits and vegetables before your surgery, make sure you eat them now! Now more than ever, your body needs fruits, vegetables, whole grains, and meats to maintain a well balanced diet. Eating properly will boost your energy levels and make you feel better.

### *Stay Hydrated*

Another important aspect to a healthy recovery is to make sure you're drinking lots of water. Similar to eating a well balanced diet, drinking water significantly affects energy levels and brain function. Water aids your body in digestion, hydrates your skin, helps with weight loss, and also delivers important nutrients to all of your cells including muscle cells. This postpones muscle fatigue and is one of the key factors to a quick recovery from surgery.

### *Stretch Carefully & Correctly*

After your surgery, your doctor will provide you with exercises, stretches, and movements for you. Keep up with these exercises and movements so your body can stay moving. If you had knee surgery, try doing a simple stretch such as touching your toes everyday. A stretch as simple as that can help you great lengths in the long run. Walking outside is helpful and healthy, but it is not enough to stretch your body. If you are exercising, gradually increase your activity level depending on how you see fit and what your doctor recommends. If you aren't sure where to start on stretching or exercising post operation, ask your doctor for advice - they will be happy to help!

## *Stay Organized With Appointments*

Keeping your appointments in line after your operation can be stressful. Even if you're feeling better, it's important to make sure you're attending all operation related visits with your physician. Your physician may need to do blood work, change medication, or have a few new exercises for you to promote movement for your body.

## *Rest Up*

After you have stretched, eaten a healthy meal, and drank a few glasses of water, it's time to kick back and relax. This is important, because you need to listen to your body. If you feel tired, don't feel guilty taking an afternoon nap or spending time on the couch. Not too long after your surgery you will get restless and be eager to get back to your "normal" lifestyle. However, remember that your body will naturally take 6 weeks to recover, so taking time to rest is beneficial.

## *Ask For Help*

Lastly, we encourage you to ask for help. If you're in pain, don't hesitate to reach out to a physician, friends, or a family member. They will be able to get you the proper care you need. In addition, it's always good to have somebody by your side through post operation as they can help you with daily tasks. They can help organize your medications, appointment schedules, and help you with everyday tasks.

Contact us today at Atlantic Orthopaedics & Sports Medicine in Portsmouth, New Hampshire and York, Maine to learn more about life after surgery and having a healthy post-op recovery. There is always a physician on call 24 hours a day, 7 days a week.

Call us at [603.431.1121](tel:603.431.1121) to speak to a physician today!

