

Think of your recovery as a positive journey you're taking to enrich your life and health!

After surgery, it's important to find ways to think positively and to feel as good as you can. Studies have shown that some patients struggle with depression after major surgery, and depression can seriously slow down recovery.

Firstly, don't worry about depression. Do what you can to prevent it; talk to your family and friends and tell your doctor if you notice symptoms or feel that you are struggling.

Record your progress. It will help you to take stock of your progress and to notice the good things that are happening.

Post Surgery Milestones

Day 1

Day 1 - You're on your way!

- You may feel **groggy and confused**, especially if you're attached to drips and unfamiliar machines. Try to pay attention to what's going on. This will help you get better!
- Do your best to **follow post-operation instructions** — It's a step toward your full recovery.
- **Enjoy your progress** even if you're just moving from lying down to sitting up. That's progress!
- **Even if it hurts, celebrate those first steps.** The simple act of walking to the bathroom is an important part of your recovery.



Track Your Progress

My moment of achievement on my first day:

I am thankful for: _____

Day 1-3

Days 1-3

- **Be gentle with yourself.** It may still be a bit awkward, but during this phase, you may be able to shower and get dressed. The drips and other machines may be removed too.
- **All of these small moments are steps toward feeling more like you again.** It can be easy to focus on how you're not better yet, but you'll do yourself and your recovery a favour if you do your best to think positively.
- **By the end of day three, you may feel like planning some enjoyable activities for the coming days:**
 - Choose some films you'll enjoy
 - Read a good book
 - Invite some friends to come for a visit
 - Play a board game with your family or friends



Track Your Progress

Enjoyable moment: _____

I am grateful for: _____

The more we listen, the more lives we save

Post Surgery Milestones

Day 5-10

Days 5-10

- You will likely notice significant progress during this time.
- Stitches may be removed and moving about will be encouraged.
- This is an important time to be gentle with yourself. Remember you're still recovering. Focus on how you're improving at a nice pace that suits you.
- This period and the next are times when some people experience **post-surgery blues, this is normal**. You need take care of your emotional journey toward recovery, too. Allow yourself to **enjoy your progress** as much as you can.



Track Your Progress

What improvements are you noticing? _____

What seems to be getting easier or less painful in the last few days? _____

What have you been able to enjoy about your recovery? _____

Weeks 2-3

Weeks 2-3 and beyond

- Are you setting some small, achievable goals for yourself? Some people expect to feel recovered by this time, but full recovery will take a while.
- You will still need plenty of rest, but you'll also want to gradually ease back into a more active life. Plan some very gentle activities you enjoy, or start going on very short strolls.
- By the end of week three, you may be able to start easing back into a comfortable routine.
 - Plan gentle outings with friends
 - Walk to the end of your road or to the local high street (if you've been given permission to exercise)
 - Enjoy a meal out with your partner, family or friends
 - Begin to look forward to cardiac rehab



Track Your Progress

Enjoyable moment: _____

I am grateful for: _____

Weeks 6-10

3 Months