

# 10 Surprising Things you may not be able to do after your treatment

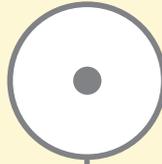


Don't worry about reaching the milestones on time.

Everyone has a different recovery experience.

## One - Thinking Clearly

Thinking clearly may be difficult. Surgery and pain-management medication can sometimes effect your thinking skills, so don't make important decisions during this time.



## Two - Sitting Up

Sitting up from a lying position will not be easy and may be painful. Turn on to your side first, then support your movement with your arm.

## Three - Sleep

Your sleep pattern may be disturbed. Try to get yourself into a nice relaxed bed-time routine to minimise the effect.



## Four - Wet your Wound

It is very important that your wound is kept clean and dry. This will stop any infections and promote healing.

## Five - Dress Easily

Raising your arms above your head or tying your own shoes may be a challenge. Ask for help until you can do this on your own. Make sure you have some comfy, easy to get-on clothes.



## Six - Cook

Your energy levels will be low. Prepare meals before your surgery for reheating later. Heavy pans will be difficult to lift, so be mindful and ask for help if needed.

## Seven - Lift or Carry Things

Even the lightest of objects will feel heavy. Don't try to lift or carry anything until you feel confident. Avoid lifting anything over 4lb for the first 6 weeks.



## Eight - Climb the Stairs

After surgery climbing the stairs will feel like climbing Everest! If possible rearrange your furniture to accommodate this temporary change.

## Nine - Housework

Vacuuming, dusting, cleaning and laundry may be a challenge and should be avoided until about 6 weeks after surgery. Get support until you are feeling stronger.



## Ten - Shopping

You may find walking round a supermarket exhasusing. Arrange for home delivery or help during the first few weeks of recovery.