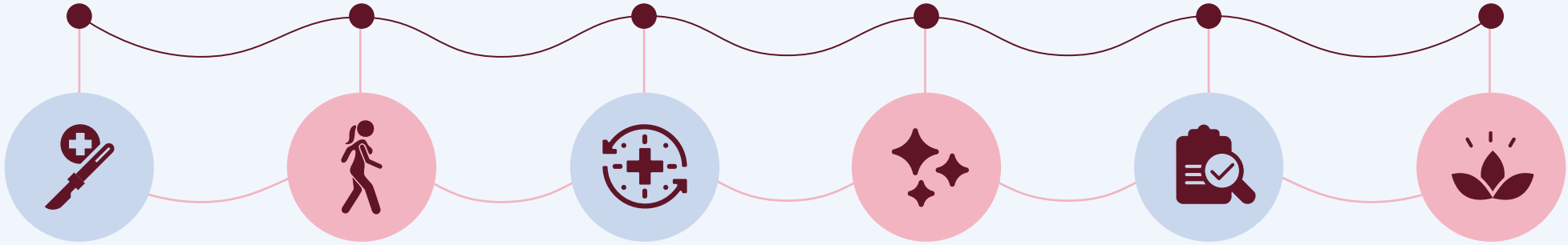
A RECOVERY CHECKLIST & TIMELINE

COMPILED BY MAXIMA WOMENS HEALTH

MAXIMA WOMEN'S HEALTH



DAYS 1 - 3

Prioritise Rest

Allow yourself regular breaks and adequate sleep. Fatigue can persist even after the immediate effects of surgery have passed. Recovery can bring a mix of emotions, find support as needed.

Take Medication As Prescribed

Follow your instructions for pain relief and any other medication. Do not change doses or stop prescribed treatment without appropriate advice.

WEEKS 1 - 2

Move Gradually

Short walks and gentle movement may be encouraged to help support circulation and reduce compli-cations, but the amount and timing should be appropriate for your operation.

Respect Your Healing Journey

Respect lifting and activity restrictions. Avoid any strenuous exercises, heavy lifting and activities that place pressure on the surgical area.

WEEKS 3 - 6

Follow Your Wound-Care Instructions

From day after your surgery you need to keep the incision and dressing clean and manage them as directed. This should continue well past the 3 week mark and any in-between check-ups.

Avoid applying creams, oils or antiseptics unless your healthcare team has advised you to.

Swelling should subside and your wound should be setlled and shape.

MONTH 1-3

Rebuild Strength and Stamina

With specific medical guidance, gradually work towards re-building strength, stamina, aesthetic and confidence in your body.

Check In With Your Wellbeing

Emotional recovery matters, too. This is valid for any stage of your healing process. Give yourself time and seek support if you need it.

MONTH 4 - 6

Continue to Prioritise Your Health & Mind

Keep up with recommended follow-up care. Contact your healthcare team if new or any persistent symptoms arise.

Attend Follow-Up Appointments

Attending follow-up appointments allow your healthcare team to assess your recovery and discuss concerns or ongoing symptoms.

MONTHS 6+

Continue to Attend Any Follow-Up Appointments

These allow your team to continue to assess healing, review new results and address any concerns going forward.

Stay On Top of Your Life and Living

Give yourself time to process your own experiences. Find ways to return to a stable routine and continue living. Also pay close attention to changes in your body/symptoms.

A gentle reminder: Your recovery journey is individual, and ongoing support is available when you need it. Follow your surgeon's specific instructions and continue to look after yourself.

Disclaimer: This is merely a guide to be used at your own discretion. All rights reserved.