

20 Tips: After Surgery Diet, Returning to Work, Exercises, Sexuality, and Mental Health

After surgery, it is important to take care of yourself both physically and mentally. This article provides 20 tips on diet, returning to work, exercises, sexuality, and mental health to help you recover smoothly.

1. **Eat a healthy diet.** This means eating plenty of fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats.
 2. **Drink plenty of fluids.** Staying hydrated is important for overall health, and it can also help to prevent constipation, which is a common problem after surgery.
 3. **Get enough protein.** Protein is essential for healing. Aim to eat about 1 gram of protein per kilogram of body weight each day.
 4. **Avoid certain foods.** Some foods can interfere with healing. For example, avoid eating grapefruit or drinking grapefruit juice if you are taking certain medications.
 5. **Talk to your doctor or a registered dietitian.** They can provide you with specific dietary recommendations based on your individual needs.
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1. **Talk to your doctor about when it is safe to return to work.** This will depend on the type of surgery you had and how well you are recovering.
 2. **Start back slowly.** Don't try to do too much too soon. Gradually increase your activity level as you feel stronger.

3. **Take breaks.** If you start to feel tired or uncomfortable, take a break. Don't push yourself too hard.
4. **Ask for help.** If you are having difficulty with your job, don't be afraid to ask for help from your colleagues or your supervisor.
5. **Be patient.** It may take some time to get back to your full strength and energy level. Don't get discouraged if you don't feel like yourself right away.

1. **Start exercising as soon as you are able.** Exercise can help to improve your circulation, reduce pain, and increase your energy level.
2. **Start slowly.** Don't try to do too much too soon. Gradually increase the intensity and duration of your workouts as you feel stronger.
3. **Choose exercises that you enjoy.** This will make it more likely that you will stick with them.
4. **Listen to your body.** If you start to feel pain, stop exercising. Don't push yourself too hard.
5. **Talk to your doctor or a physical therapist.** They can recommend exercises that are safe and appropriate for you.

1. **Talk to your doctor about when it is safe to resume sexual activity.** This will depend on the type of surgery you had and how well you are recovering.
2. **Start slowly.** Don't try to do too much too soon. Gradually increase the frequency and intensity of your sexual activity as you feel stronger.
3. **Use lubrication.** This can help to reduce pain and discomfort.

4. **Communicate with your partner.** Let them know how you are feeling and what you are comfortable with.
5. **Be patient.** It may take some time to get back to your full sexual function. Don't get discouraged if you don't feel like yourself right away.
1. **Talk to your doctor or a mental health professional.** They can help you to cope with the emotional challenges of surgery.
2. **Join a support group.** This can provide you with a sense of community and support.
3. **Get enough sleep.** Sleep is essential for both physical and mental health.
4. **Eat a healthy diet.** Eating a healthy diet can help to improve your mood and energy level.
5. **Exercise regularly.** Exercise can help to reduce stress and anxiety.

Following these tips can help you to recover smoothly from surgery.

Remember to be patient and listen to your body. With time and effort, you will be back to your old self in no time.



Gastric Sleeve: 20 Tips after surgery (Diet, Returning to Work, Exercises, Sexuality and Mental Health).

by Simón Hergueta

★★★★☆ 4.6 out of 5

Language : English

File size : 893 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 6 pages

Lending : Enabled

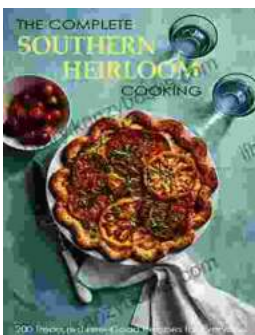


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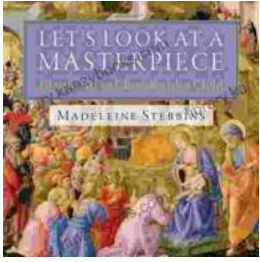
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