

Walking Guidelines after Surgery

Day of Surgery	Day after Surgery	Day 2	Day 3	Day 4 and Following
<p>Four hours after surgery, stand beside bed for 10 minutes.</p> <p>Repeat one time before bedtime.</p> <p style="text-align: center;">Total: 20 minutes out of bed.</p>	<p>Walk for 15 minutes 4 times.</p> <p style="text-align: center;"><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4</p> <p>Out of bed: 60 minutes</p> <p style="text-align: center;">Total: 120 minutes</p> <p>Start liquid diet</p>	<p>Walk one lap around the 5th floor (440 feet) 5 times.</p> <p style="text-align: center;"><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5</p> <p>Out of bed: 60 minutes</p> <p style="text-align: center;">Total: 120 minutes walking and out of bed</p> <p>Start solid diet</p> <p style="text-align: center;">Milestone: Passing gas</p>	<p>Walk two laps around the 5th floor (880 feet) 4 times.</p> <p style="text-align: center;"><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4</p> <p>Out of bed: 60 minutes</p> <p style="text-align: center;">Total: 120 minutes walking and out of bed</p> <p style="text-align: center;">Milestone: Bowel movement</p>	<p>Walk four laps around the 5th floor (1,320 feet) 4 times.</p> <p style="text-align: center;"><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4</p> <p>Out of bed: 270 minutes</p> <p style="text-align: center;">Total: 360 minutes walking and out of bed</p> <p style="text-align: center;">You have joined the Walk the Mile Club!</p>