PTC Physiotherapy

PTC POST-OP CARE ESSENTIALS

A simple guide for patients and their families after surgery

✅ WHAT'S NORMAL AFTER SURGERY?

- Some pain and swelling
- Feeling tired or low on energy
- Stiffness when moving
- Needing help with daily tasks at first
- Good days and slower days during recovery

Remember: Recovery takes time. Progress isn't always a straight line.

💪 WHAT HELPS RECOVERY?

- Follow your specialist plan
- Complete your prescribed exercises
- Stay as active as advised
- Prioritise sleep and rest
- Eat well and stay hydrated
- Ask questions if you're unsure

⚠️ WHEN SHOULD YOU SEEK HELP?

Contact your surgeon or healthcare team if you notice:

- Increasing redness around the wound
- Fever or feeling unwell
- New or worsening pain
- Excessive swelling
- Unusual discharge from the wound
- New numbness, tingling, or weakness

❓ COMMON QUESTIONS

When should I start physiotherapy?

- As soon as your surgeon recommends it.

How long will recovery take?

- Recovery varies for everyone. Your physiotherapist will guide you through each stage.

What if I feel like I'm falling behind?

- Speak with your physiotherapist. Everyone recovers at a different pace.

Need Support With Your Recovery?

Book a FREE 15-minute phone consultation with the PTC Physiotherapy team.

(02) 7226 3616

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