

## Rehabilitation after the laparotomy surgery

Recovery time after the abdominal surgery is **approximately one month**.

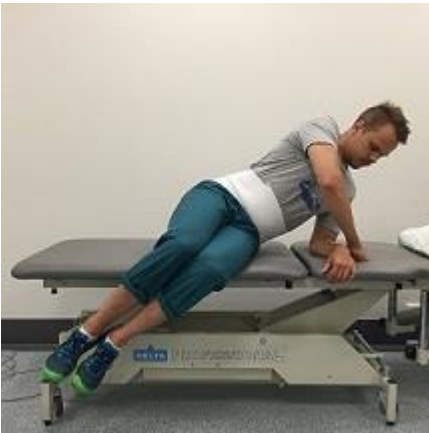
During this time you have to avoid lifting and carrying heavy loads (maximum 1-2 kg).

We also recommend that you continue PEP-exercises, especially if you feel any mucus in your airways.



During the recovery time, use the elastic abdominal support belt. You get the belt from the hospital. If you get any other advice how to use the support belt, follow it.

Before you sit up, put the support belt on and use it when you walk around.



During the recovery time turn to your side before you sit up and avoid straining your abdominal muscles.



Walking is the best exercise after surgery. It helps you recover from surgery and regain your previous condition.

Make sure that your shoulders are relaxed and try to maintain good posture even if wound might feel tight.

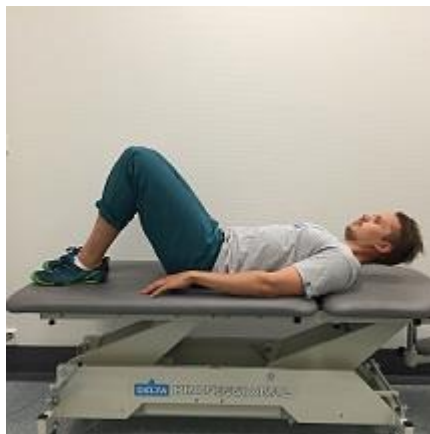
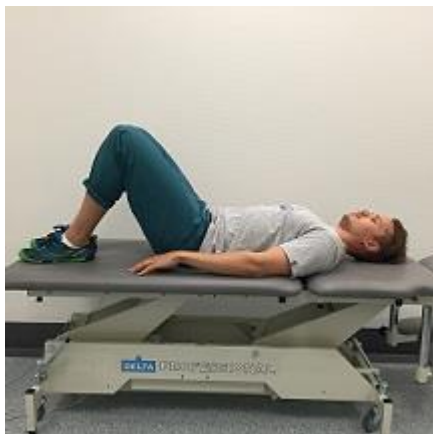
It's highly recommended to walk daily, extend the walking distance gradually.

**After 2 weeks of surgery** you can start exercises for the internal abdominal muscles. The purpose of this exercise is to regain the function of abdominal muscles and to prevent wound hernia. **After 2 weeks of surgery** you can also start exercises for the internal abdominal muscles. The purpose of this exercise is to regain the function of abdominal muscles and to prevent wound hernia.

Exercise **5–6 days a week**. Repeat the abdominal muscle exercise at the pace of your normal breathing 3 x 5–15 times and after the abdominal muscle exercise light stretching exercise to the abdominal muscles at the pace of your normal breathing 3 x 2-5 times.

### Abdominal muscle exercise

Take supine position with knees flexed and arms on your sides. Lift your head during exhale and lay it back during inhale.



### Stretching exercise

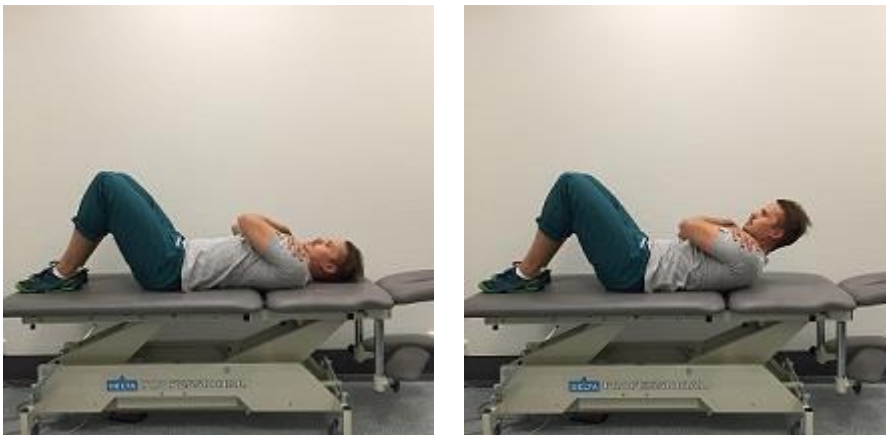
Take supine position with arms on your sides. Lift arms over your head during inhale and move them back to starting position during exhale.



**After 6 weeks of surgery** you can start exercises for the external abdominal muscles. The purpose of this exercise is to strengthen your abdominal muscles. Repeat exercise at the pace of your normal breathing 3 x 5 – 15 times.

### **Abdominal muscle exercise**

Take supine position with knees flexed and arms crossed over your chest. Arch your upper back during exhale. Your head, shoulders and upper back should rise up from the surface. Relax your muscles and return back to starting position inhale.



You can return to your previous activities **after 1 – 2 months**.