1. Take it easy on yourself and go slow!

* Don’t push yourself if you’re not ready you will be soon enough. That being said I found it helped to do short walks and keep moving. The more I seemed to move around, even just a little, the easier it was every day.

1. People want to help. Let them.

* Take advantage of all the assistance from others. Let them carry things for you, bring things to you. Let them dote on you like you would a friend or family member.

1. Avoid stairs if possible.

* Honestly I had to do at least 2 flights of stairs at a time since my home has stairs everywhere. Just take it slow. Stop and rest if you need to in the middle of a flight; they also make a good temporary chair.

1. Avoid driving for 2 weeks.

* This may seem like an odd one but between the meds you are on and the fact that you will not want to move your leg (foot) quickly should you need to immediately press on the brake you are actually more of a danger to others until those first few weeks of healing have passed. Also you will find twisting and turning your torso to be limited in the first few weeks.

1. Granny Panties.

* Make sure you have underwear that go above the panty/incision line. You will get those wonderful mesh underpants from the hospital but once those are gone you will want some high risers for comfort.

1. Bowel assistance.

* Make sure you take stool softeners every day and include lots of fiber or a laxative if needed. You don’t want to be straining for your first bowel movement and these will definitely help.

1. Use a belly binder.

* They help keep your core strong so you don’t feel like you’re coming apart. I will add a caveat that not everyone likes them but they are definitely worth a try to see. **Ask your provider/nurse while you are still in hospital**.

1. If you feel unwell in the week or so after surgery, it may be a sign of infection.

This is common, even though you will have had antibiotics during the operation. Having an infection may mean you need to be readmitted to hospital. The infection could be in your:

* Wound, which may show signs of redness, discharge, worsening pain, or even separation.
* Uterus (womb), with heavy and or/irregular bleeding or smelly discharge.
* Urinary tract, when you may notice pain, burning or difficulty when you pee.

Contact your midwife or doctor if you feel feverish, or if you have any of the above symptoms.