

3 rules about being active after surgery



1. Stop if you:

- have pain
- have an upset stomach
- are very tired
- are short of breath
- are dizzy or lightheaded
- feel your heart racing or pounding

2. Use the walk/talk test

You should be able to walk and talk at the same time without feeling short of breath.

3. Check your heart rate (pulse)

Checking your heart rate is a good way to see how hard your heart is working. To be safe, for the first 4 to 6 weeks after surgery, your heart rate, **during** and **after** exercise, should be **no more** than 20 beats per minute higher than your heart rate **before** exercise. Later, with your doctor's approval, you may be allowed to raise your heart rate by more than 20 beats per minute.



To learn how to check your heart rate  [click here](#)

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