

<b>POST-SURGERY ACTIVITY CHART</b>	<b>Day of surgery</b>	<b>1ST</b>	<b>2ND</b>	<b>3RD</b>	<b>4TH</b>	<b>5TH</b>	<b>6TH</b>	<b>7TH</b>	<b>7-10 days</b>	<b>10-35 days</b>	<b>After 35 days</b>
<b>Arnica 12C</b>	2 times today	3 times/day	√	√	√	√	√	√	√		
<b>Keflex (Antibiotic)</b>	NO	√	√	√	√	√	√	√			
<b>Ambien/Lunesta (Sleep)</b>	11 pm (1 tab)	√	if you need it then take 1/4-1/2 tab and wean off								
<b>Vicodin/Percocet (Pain)</b>	every 4-6hrs. As needed		√	wean off and switch to Tylenol							
<b>Ice Compress (4 ice cubes in glove)</b>	Almost continuous till 12MN		3 times/day	√	√	√	√	√	√	Once a day	
<b>Bactroban (Mupirocin ointment) - apply w Q-tip</b>	3 times a day	√	√	√	√	√	√	√	√	once a day	
<b>Glasses (if they are light)</b>	√	√	√	√	√	√	√	NO	NO	√	√
<b>Contact Lenses</b>	NO	NO	NO	NO	√	√	√	√	√	√	√
<b>Blowing Nose</b>	NO	NO	NO	NO	NO	NO	NO	NO	NO	√	√
<b>Eliptical, Stairmaster, Walking brisk on treadmill</b>	NO	NO	NO	NO	NO	NO	NO	NO	NO	start light and gradually ↑	
<b>Light exercising with NO forward head bending</b>	NO	NO	NO	NO	NO	NO	NO	NO	NO	√	√
<b>Jogging, Swimming, Volleyball, Tennis, Basketball</b>	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	√