

Preparation Guide: Travel Safety

It is often recommended that surgery patients refrain from traveling during recovery. However, travel is often unavoidable, so we advise you to keep your travel and outdoor exercise to a minimum and avoid long distances. If you must travel, keep in mind the following tips:

- Stop for some light stretching at random intervals during trips that last more than an hour or two.
- If you are susceptible to motion sickness, especially while taking certain medications, you should pack water and a snack.
- Consider environmental and weather-related issues. For instance, make sure that you travel on well-maintained roads, especially if your surgery is scheduled during the winter months.
- Avoid hazardous driving conditions, such as driving in the fog, at night, or during rush hour.
- Do not walk outside without assistance, and avoid walking in rainy or snowy conditions.
- Also, steer clear of wet grass, slippery sidewalks, and rough or uneven surfaces, such as gravel, brick, or cobblestone roads.