

Day 0 Mobilisation

Early mobilisation can greatly help you with your recovery following surgery. It is also known to help reduce the likelihood of you developing any complications such as DVT or a chest infection.

Early mobilisation can include activities such as sitting up right with your feet to floor; transferring from bed to chair; or walking.

If possible, a member of the Enhanced Recovery After Surgery team will help you to mobilise on the day of your surgery. This will help to kickstart your recovery.

If you have any questions about early mobilisation then please speak to a member of the Enhanced Recovery After Surgery Team.