

Mayo Clinic Minute: Tips from a gynecologic surgeon on recovery from surgery

Every year, about 4 million gynecologic surgeries are performed in the U.S. Among these, hysterectomies are the most common, with over half a million procedures done annually, excluding those related to childbirth.

[Dr. Megan Wasson](#), a gynecologic surgeon who specializes in minimally invasive procedures at Mayo Clinic, says it's a priority to help patients recover and get back to their lives as quickly as possible.

Audio

	"The biggest question I get is, 'When can I get back to life after surgery?' A lot of the patients that we care for have families and have jobs, and responsibilities outside of their own health."
	Mayo Clinic's Dr. Megan Wasson says that balancing self-care and caring for others can be tough for patients. Quicker recovery time due to surgical advancements has helped.
Megan Wasson, D.O. Gynecologic Surgery Mayo Clinic	"The advances that we've had in technology when it comes to surgical procedures have really pushed the envelope and allowed us to do the majority of gynecologic procedures through a minimally invasive approach."
	Downtime from a surgery can be a day or weeks, depending on the type of procedure.
	"But we do want normal physical activity to start even the day of surgery because that really helps maintain strength. It helps maintain normal body function, helps speed along the recovery."
	Recovery also can depend on preparation. Go in as healthy as you can be.
	"The less stress you have, the better your diet is, the more rests that you've been getting, the more exercise — that's going to support your body for the stress of surgery, which in turn is going to help speed along the recovery.
	And, finally, Dr. Wasson says don't be afraid to ask for help.

For the Mayo Clinic News Network, I'm DeeDee Stiepan.