AgelessCoach™
AGE STRONG. LIVE LONG.

Sex After Surgery: Four Timelines, One Question

The four procedure timelines, the activity test that decides the heart timeline, the positions to avoid, and the question to ask at discharge.

✓ **Verified against published guidance** from Cleveland Clinic, Harvard Health & NHLBI · sources below

Cleveland Clinic says to stop any activity that causes pain. NHLBI says your team will name the situations that mean you should call your provider right away. Keep that number where you can find it.

✓ Do This

Ask Before Discharge

- When is sex safe for me?
- Anything unusual about my case?
- Put it on the discharge list

COACH'S TIP NHLBI says your provider names the dates.

Hysterectomy: Six Weeks

- No sex for six weeks
- Nothing in the vagina 4 to 6 weeks
- No lifting over 10 pounds

COACH'S TIP Cleveland Clinic home instructions.

Hip: Six To Eight Weeks

- Wound healed first
- Pillows to support the joint
- Repaired side on the bottom

COACH'S TIP Cleveland Clinic surgeon Robert Nickodem, Jr., MD.

Heart Attack: Pass The Test

- 10 to 20 minutes brisk walking
- Or one to two flights of stairs
- No symptoms at all

COACH'S TIP Harvard Health; about two weeks for most.

Heart Surgery: Six Weeks Plus

- Chest incision must heal
- Ask about cardiac rehab
- Provider sets the date

COACH'S TIP Harvard Health and NHLBI.

Go Slowly The First Times

- Low-strain position
- Mild pain reliever 20 to 30 min ahead
- Partner keeps weight off the hip

COACH'S TIP Harvard Health and Cleveland Clinic.

✗ Do Not

Do Not Mix ED Pills And Nitrates

- Viagra or Cialis plus nitroglycerin
- Or isosorbide dinitrate
- Ask the cardiologist first

COACH'S TIP Harvard Health's main warning.

Do Not Bend A New Hip Too Far

- Knee not past hip level
- Knee not across the midline
- First six to eight weeks

COACH'S TIP Cleveland Clinic.

Do Not Mask Pain

- Mild relief only
- Strong pills hide a problem
- Pain means stop

COACH'S TIP Cleveland Clinic.

Do Not Trust Feeling Fine

- Inside heals slower than outside
- Discharge can last six weeks
- Stitches dissolve over weeks

COACH'S TIP Cleveland Clinic on hysterectomy.

Do Not Push Through Symptoms

- Chest pain or breathlessness
- Lightheaded or exhausted
- Not cleared yet, whatever the date

COACH'S TIP Harvard Health.

Do Not Borrow A Friend's Timeline

- Stent, hysterectomy, hip differ
- Vaginal heals faster than abdominal
- Your surgeon's number wins

COACH'S TIP Cleveland Clinic and Harvard Health.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

6 wks	no sex after a hysterectomy, and at least 6 weeks after heart surgery, per Cleveland Clinic and Harvard Health
6 to 8	weeks before unrestricted activity after a hip replacement, per Cleveland Clinic
2 flights	of stairs, or 10 to 20 minutes of brisk walking, symptom-free, before sex after a heart attack, per Harvard Health

Sources: Cleveland Clinic (Hysterectomy: Surgery, Types, Side Effects & Recovery), Harvard Health (When is it safe to have sex after a heart attack?, 2021), Cleveland Clinic (Surprising Benefit of Hip Replacement, 2020), NHLBI (Heart Surgery: Recovery, 2022). **Educational content, not medical advice.** Talk with your doctor.