

Activity following surgery

After surgery our desire is for you to have the best possible recovery. We have created guidelines to help you get back to activity as soon and as safely as possible.

Day of surgery: REST! Rest with feet elevated in a comfortable position. Stay well hydrated and take your medications as directed.

Days 1-7: During this time you are most sore, bruising is trying to resolve and your body is healing. Continue pain medication as needed; slowly increase range of motion as tolerated for activities such as bathing, eating, dressing, etc. Stay well hydrated, enough that you need to urinate every 1-2 hours while awake.

Day 7-10: You may walk as far as you want to at this time. If you have any scabbing or crusting still present along your incision, you may still walk but avoid it in excess to avoid sweating. You may also start light stretching at this time.

Weeks 1-3: You will continue to build strength and energy as your body is healing. You may SLOWLY resume light housework, gradually increasing workload. You may also start light leg and arm lifting/exercises at this time along with walking.

Week 3: You may use a recumbent bike and elliptical along with light arm/leg lifting.

Week 3-6: Although you may feel “fine” remember you are still healing. Be cautious in your activity while gradually increasing endurance, intensity and resistance over the next 3 weeks.

Week 6: At this time you may return to all activities you wish to do.

For Breast Surgery: Make sure to wear good support while working out. A sports bra with a defined cup is best. Avoid sports bras that “smash” your chest. **Avoid** excessive chest workouts (bench press, flys, pushups) as over time will push implants outward.

For Tummy Tuck & Liposuction: When you begin to increase your activity you will swell, wear your compression garment for the full 6 weeks and when exercising. We encourage you to wait a full 8 weeks to resume core work.