

Post-Operative Activity & Exercise Guidelines Breast Surgery (Augmentation, Lift, Reduction, Explant)

Your recovery is just as important as your surgery. Following these activity guidelines will help ensure optimal healing and results.

First 1–2 Weeks

- Focus on **rest and gentle daily activity**
- **Light walking is encouraged** to promote circulation
- Avoid:
 - Lifting anything heavier than 8–10 lbs
 - Pushing, pulling, or straining movements
- You may:
 - Use your arms for light activities (e.g., eating, typing, brushing hair)
 - **Raise your arms above your head** — this is safe and encouraged

Weeks 2–3

- Gradually increase light activity
- **Light arm movements/exercises are OK**
 - No resistance or strain
- Continue walking and normal daily movements

Weeks 3–6

- Continue to increase general activity as tolerated
- You may resume:
 - Lower body exercise (walking, light cycling)
- Continue to avoid:
 - Chest-focused workouts
 - High-impact activity
 - Any movement that pulls on incisions

Restrictions for 6 Weeks

For proper healing, **avoid ALL of the following for 6 weeks:**

- **✗** Chest exercises (e.g., push-ups, chest press, weightlifting)
- **✗** Swimming or submerging incisions in water
- **✗** High-impact or strenuous activity
- **✗** Activities that stretch or pull on incisions, including:
 - Golf
 - Tennis/Pickleball
 - Softball or throwing sports
 - Heavy lifting or upper body strain

Yoga & Pilates Guidelines

- **Avoid for 6 weeks:**
 - Any poses or movements that **engage or strain the chest muscles**
 - Weight-bearing through the arms (e.g., planks, chaturanga, downward dog)
 - Deep chest opening or backbend positions
 - Twisting or movements that place tension across the chest/incisions
- **After 6 weeks:**
 - Gradually return to yoga and Pilates
 - Start with **gentle, low-resistance classes**
 - Modify poses as needed and avoid discomfort

After 6 Weeks

- You may gradually return to:
 - Full exercise
 - Chest workouts
 - Sports and recreational activities
- Resume slowly and listen to your body

Important Reminders

- Mild swelling and tightness are normal during recovery
- Stop any activity that causes pain or pulling at your incision sites
- Always follow your specific instructions if they differ from this guide