

Post-Operative Activity & Exercise Guidelines

Body Procedures (Abdominoplasty, Body Lift, Reverse Abdominoplasty, Liposuction of Trunk)

Your recovery is just as important as your surgery. These procedures involve the abdominal wall, core muscles, and skin tightening—so protecting your repair is essential for optimal healing and results.

First 1–2 Weeks

- Focus on **rest and gentle movement**
- **Light walking is strongly encouraged** (short, frequent walks)
- Maintain a slightly **bent posture** if instructed (especially after abdominoplasty)
- Avoid:
 - Standing fully upright too quickly (if advised otherwise by your surgeon)
 - Lifting anything heavier than 5–10 lbs
 - Straining, pushing, or pulling movements
- You may:
 - Perform light daily activities (e.g., eating, light household tasks)
 - Use your arms normally, avoiding strain on your core

Weeks 2–4

- Gradually increase light activity
- Continue walking and increasing daily movement
- Begin standing more upright as tolerated (if previously restricted)
- Avoid:
 - Core engagement or abdominal strain
 - Lifting, twisting, or bending motions that stress the incision

Weeks 4–6

- Increase general activity as tolerated
- You may resume:
 - Light lower body exercise (walking, stationary bike)
- Continue to avoid:
 - Core-focused exercises
 - High-impact activity
 - Heavy lifting or straining

Restrictions for 6 Weeks

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

- **X** Core/abdominal exercises (e.g., crunches, sit-ups, planks)
- **X** Heavy lifting (>10–15 lbs)
- **X** High-impact activity (running, jumping)
- **X** Straining, twisting, or bending that pulls on incisions
- **X** Swimming or submerging incisions in water
- **X** Activities that increase abdominal pressure, including:
 - Intense coughing/straining without support
 - Aggressive stretching of the torso

Yoga & Pilates Guidelines

- **Avoid for 6 weeks:**
 - Any movements that **engage the core or abdominal muscles**
 - Planks, roll-ups, teasers, leg lifts
 - Twisting or deep stretching of the torso
 - Backbends or positions that stretch the abdominal wall
- **After 6 weeks:**
 - Gradually return to yoga and Pilates
 - Start with **gentle, modified classes**
 - Progress slowly with core work

After 6–8 Weeks

- You may gradually return to:
 - Core exercises
 - Strength training
 - Higher-impact activities
- Resume slowly and listen to your body

Important Reminders

- Tightness, swelling, and pulling sensations are normal
- Protect your abdominal repair—**overexertion can affect results**
- Use compression garments as directed
- Support your abdomen when coughing, sneezing, or getting up
- Stop any activity that causes pain or pulling at incision sites
- Always follow your surgeon's specific instructions if they differ from this guide