

Post-Operative Activity & Exercise Guidelines Mommy Makeover (Breast + Body Procedures)

A Mommy Makeover combines breast and abdominal procedures, which means **both your chest and core need protection during recovery**. Following these guidelines is essential for safe healing and optimal results.

First 1–2 Weeks

- Focus on **rest and gentle movement**
- **Light walking is strongly encouraged** (short, frequent walks)
- You may be instructed to:
 - Maintain a slightly **bent posture** (protects abdominal repair)
- Avoid:
 - Lifting anything heavier than 5–10 lbs
 - Standing fully upright too quickly (if instructed otherwise)
 - Pushing, pulling, or straining movements
- You may:
 - Use your arms for light daily activities
 - **Raise your arms above your head** — this is safe and encouraged
- Avoid engaging your **core or chest muscles**

Weeks 2–3

- Gradually increase light activity
- Continue walking and daily movement
- **Light arm movements are OK** (no resistance)
- Begin standing more upright as tolerated
- Continue to avoid:
 - Core engagement
 - Chest strain
 - Lifting or twisting motions

Weeks 3–6

- Increase general activity as tolerated
- You may resume:
 - Light lower body exercise (walking, stationary bike)
- Continue to avoid:
 - Chest-focused workouts
 - Core/abdominal exercises
 - High-impact activity
 - Any movement that pulls on incisions

Restrictions for 6 Weeks

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

- **X** Chest exercises (push-ups, chest press, upper body weight training)
- **X** Core/abdominal exercises (crunches, sit-ups, planks)
- **X** Heavy lifting (>10–15 lbs)
- **X** High-impact activity (running, jumping)
- **X** Swimming or submerging incisions in water
- **X** Activities that strain or pull on incisions, including:
 - Golf
 - Tennis/Pickleball
 - Softball or throwing sports
 - Twisting, bending, or stretching motions

Yoga & Pilates Guidelines

- **Avoid for 6 weeks:**
 - Any poses or movements that engage the **chest or core**
 - Weight-bearing through the arms (planks, downward dog, chaturanga)
 - Core-focused movements (roll-ups, teasers, leg lifts)
 - Twisting or deep stretching of the torso
 - Backbends or chest-opening poses
- **After 6 weeks:**
 - Gradually return to yoga and Pilates
 - Start with **gentle, modified classes**
 - Progress slowly with both chest and core work

After 6–8 Weeks

- You may gradually return to:
 - Full exercise and strength training
 - Chest and core workouts
 - Sports and higher-impact activity
- Resume slowly and listen to your body

Important Reminders

- Tightness, swelling, and pulling sensations are normal
- Protect both your **breast incisions and abdominal repair**
- Overexertion can affect healing and final results
- Use compression garments and surgical bra as directed
- Support your abdomen when coughing, sneezing, or getting up
- Stop any activity that causes pain or pulling at incision sites