

# Five Key Exercise Guidelines After a Breast Augmentation

---

Experiencing a surge of confidence in your body is one of the remarkable benefits of undergoing breast augmentation. It's natural to feel eager to showcase your new look by hitting the gym and engaging in workouts. However, it's crucial to recognize that breast augmentation is a significant procedure, and it's important to understand the appropriate time to safely resume strenuous physical activities.

This guide aims to provide you with essential information about exercising after your breast augmentation surgery. By following these guidelines, you can ensure a safe and optimal recovery while gradually incorporating exercise back into your routine.

## #1 TAKE IT EASY FOR A FEW DAYS

It's important to rest after your breast augmentation, especially for the first two days. Move carefully around the home to take care of basic needs, which is enough exercise during this period.

For the initial first four or five days, move around to maintain circulation and allow your body to heal from the surgery. A leisurely daily walk is fine at this point.

Breast augmentation surgery has a small risk of blood clots. If you take a few short, leisurely walks per day, this will keep your blood flowing.

## #2 LIGHT EXERCISE AFTER 7-14 DAYS

As your body heals going into a week after your procedure, you can start to do light cardio or gentle cardiovascular exercise again. Walking more is an excellent way to start, but stick to it when it's cooler outside. And don't increase your body temperature or heart rate too much.

Think of this as the time to get your muscles warmed up so you can ease back into more strenuous exercise soon.

## #3 GENTLE CARDIOVASCULAR EXERCISE FROM 14-28 DAYS

As you start to feel better, after plastic surgery, you can begin cycling on a stationary bicycle or taking longer walks. Slowly increase your endurance and strength. Try to do low-impact aerobic work and keep the intensity around 50% of your regular pace. Your plastic surgeon may allow you to do some leg work, but squats and upper bodywork aren't recommended.

## #4 BOOST INTENSITY AND STRENGTH TRAINING BETWEEN 4 AND 8 WEEKS

Your plastic surgeon will likely bring you in for a checkup during this period. He or she will go over your progress and possibly add weight training to your workout routine or workouts. However, it's wise to avoid exercises that stress the pectoral muscles for now. You can do more intense lower body workouts and core strengthening.

It's still recommended to avoid running, jumping, and bouncing.

## #5 RETURN TO FULL WORKOUTS AFTER 8 WEEKS

If your surgeon approves, you can return to your routine workouts, including upper bodywork weight lifting and running. Keep in mind that we all heal at different speeds, so listen to what your body says as you phase in more intense workouts into your daily regimen.

## AVOID EXERCISING TOO FAST AND TOO SOON

It's understandable to want to be active & get back to normal physical activity as soon as you can. But if you exercise too fast and too soon, you may cause problems with your breast augmentation.

The primary issue that can arise is using your chest muscles too soon before the healing process is completed. Doing strenuous exercise with your pectoral muscles could damage the implants or make extra scar tissue grow. You also could tear your stitches and cause bleeding. The last thing you want at this point is revision surgery, so easy does it!

Some activities TO AVOID until at least 3-8 weeks post-surgery include:

- Lifting anything more than 10 pounds
- Pushing or pulling heavy objects
- Pullups and pushups
- Upper body weights and bench press
- Overhead presses and deadlifts
- More advanced Pilates and yoga poses
- Playing tennis or golf
- Using arm devices on elliptical trainers or related exercise equipment

Remember that you should always wear a bra after any breast enhancement procedure, even a breast reduction. A special, supportive bra will reduce pain, swelling and the movement of your scars and implants.

## LISTEN TO YOUR BODY & SURGEON

Everyone's rate of healing differs after breast augmentation, as do body weight and fitness levels. Both will dictate how active you should be after breast augmentation surgery. If you feel pain or discomfort in your chest when you're working out, it's time to back off. Report any pain that lingers to your surgeon.

Make sure you talk to your plastic surgeon about how much and when you should exercise after your procedure. He can develop a workout plan and exercise routine that is customized for your unique situation.

By following this approach, patients can safely ease back into their strength training routine while ensuring proper healing and recovery.