



## **Physical Activity: What You Can Do and What You Should Avoid Following: Tissue Expander Placement, Breast Reduction, or Mastopexy**

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### **The First 48 hours After Surgery:**

- For the first 48 hours, keep your arm movements to a minimum and use assistance to get in and out of bed. Try to avoid using your arms to lift yourself in or out of bed without assistance for the first 48 hours.

### **The First 6 weeks After Surgery: NO LIFTING ANYTHING OVER 10 LBS**

- About 48 hours after your surgery, you may go on walks around the block/house and resume light daily activities/household chores. If you have undergone a mastectomy, you may have received arm exercises or stretches from your breast surgeon, which you may do as instructed.
- Below are some examples of what you can do within the first 6 weeks following your surgery and what you should avoid for the first 6 weeks after surgery.
  - Reminder: It is important to listen to your body! You will be sore and have some discomfort when doing many of these daily activities, however; if you experience more pain or discomfort than usual, stop what you are doing and take a step back. You may need more time to heal before trying that activity again which is okay. Everyone heals differently and at different speeds so listen to your body and allow yourself to rest when needed.

### **Household activities YOU CAN DO within the first 6 weeks after surgery:**

- Use your arms to lift or push yourself out of bed (After the first 48 hours)
- Lift your arms above your head to wash your hair/brush your hair
- Unload/Reload the dishwasher
- Dress yourself
- Shower
- Cook
- Fold and put away laundry
- Grocery shop (Wait about two weeks until after your surgery before you push a heavy grocery cart)
- Sweep and vacuum (only if your vacuum is not too heavy to push and pull)
- You may drive once all three criteria listed below are met:
  - You are no longer taking pain medications (Hydrocodone, Tramadol) or muscle relaxers (Valium, also called Diazepam). These drugs must be out of your system for at least 24 hours before you can drive.
  - All of your drains have been removed
  - You feel comfortable making a sharp turn if necessary

### **Household Activities TO AVOID for the first 6 weeks after surgery:**

- **Carrying or lifting anything over 10 lbs:** This means no carrying heavy loads of groceries to and from your car, no picking up children >10 lbs, no lifting or carrying heavy loads of laundry, etc.
- Avoid leash walking large dogs, especially if they like to pull on the leash
- NO BATHS

**Exercises YOU CAN DO within the first 6 weeks following your surgery:**

**\*\*Heart rate should stay below 100 beats per minute for the first 6 weeks\*\***

- Any arm exercises or stretches that may have been provided to you from your breast surgeon
- Walk up and down stairs
- Walks around the house/neighborhood or on the treadmill at a slow to moderate pace
- Leg exercises such as squats and lunges
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- At around 4 weeks, you may do light arm exercises such as tricep or bicep curls using very light 1-3 lbs weights. Once again, listen to your body and only do what you feel comfortable doing. You should still avoid doing any weighted overhead arm exercises until after 6 weeks.
- Yoga or light stretching that does NOT require you to use your arms to support your body weight

**Exercises you TO AVOID for the first 6 weeks after your surgery:**

- Once again, no lifting or pulling anything over 10 lbs!
- Push ups/Pull ups
- Overhead weighted arm exercises
- Peloton or bike riding that requires you to lean on your hands/arms for support
- Running
- Pilates or HIIT

**\*\*Heart rate should stay below 100 beats per minute for the first 6 weeks.\*\***

**AFTER 6 WEEKS and once you have been cleared by Dr. Constantine**, you may resume all daily activities and strenuous exercise without restrictions unless instructed otherwise by Dr. Constantine. This means you can do any exercises you want including but not limited to: running, lifting weights >10 lbs, cycling, pilates, etc.

If you have additional questions, please refer to the information below to contact our office via phone or email.

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