



Recommended Exercises After Surgery

Always follow your Doctor's instructions. Get your Doctor's approval of these recommended exercises. Any unusual pain, redness, swelling, or fever, call your Doctor immediately.

- 1. Rest as much as possible. Time is the best healer.**
- 2. Allow your family and friends to help when they offer to help.**
 - a. You will need someone to drive you home immediately after surgery. Depending upon the specific procedure required, a minimum of 2 to 6 weeks for recovery.
 - b. Let someone help clean your house. Don't vacuum or mop floor. Don't pull clothes out of washing machine. Don't lift; nothing over 3 pounds the first 2 to 3 weeks.
 - c. Let someone cook meals, or prepare ahead of time simple meals that can be reheated.
 - d. If you have children, let someone pick up your children from school.
 - e. Tell a friend and write a "grocery list" of items that you need to be picked up, T.P. milk, juice, bread, favorite cookie or ice cream etc.,
- 3. Drink plenty of fluids. Water, chicken broth, tea. The day after surgery resume regular diet.**
- 4. Day two following surgery, start with lite exercise for arm movement.**
 - a. No vacuuming, washing dishes - laundry or ironing.
 - b. The day before surgery, purchase a small rubber ball that will fit in the palm of your hand. The day after surgery, gently squeeze the ball three times in succession, three times a day. Increase when you feel comfortable.
 - c. Rolling shoulders slowly, three times forward, three times backward, 3 times a day.
 - d. On day 3, stand facing a bare wall in your home. Hold out the affected surgical breast side arm and touch the wall with fingertips. Slowly walk your fingertips up the wall until you feel the stretching from the armpit. Then slowly walk the fingertips back down to the beginning position. Repeat this exercise 3 to 5 times and 3 times a day.
 - e. Walking in moderation is good. In some cases some movement could cause some imbalance.
- 5. Remember, you know your body better than anyone, so listen to your body.**