

# Chest and Breast Surgery Post-Operative Instructions

## Everyday Activities and Restrictions



### UPPER BODY RESTRICTIONS



#### Do NOT

- Raise arms past 90°
- Weight bear through arms
- Push up with your arms when standing/sitting
- Put pressure in the armpit or along incision

### GETTING OUT OF BED



- Use your legs to hook onto the bed and use your abdominal muscles to pull yourself up
- Avoid using your arms to push yourself up
- You can elevate the head of the bed with more pillows
- Ask for assistance if needed

### UPPER BODY DRESSING



- It is recommended that you only wear button-front shirts instead of pull over shirts for the first four weeks after surgery
- Keep arms below 90° as shown in the pictures to the left

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## SHOWERING



- Shower **ONLY** when cleared by your surgeon.
- Let water run down the surgical area
- **Do NOT** rub or scrub the surgical area
- Pat dry
- **NO** baths, pools, or hot tubs until cleared by your surgeon

## SLEEPING



- Sleep on your back
- Use pillows to elevate head and chest
- Use pillows to bend knees
- **Do NOT** sleep on your side or stomach until cleared by your surgeon

## DO

- Pace your activities appropriately
- Allow at least 4-6 weeks post-surgery for recovery
- Breathing exercises
- Elbow, wrist, and hand exercises

## DO NOT

- Drive while on pain medicine
- Participate in strenuous activity like biking, swimming, and horseback riding until cleared by your surgeon

