

Milestones in the Road to Recovery after Reconstruction

Tissue Expander (including acellular dermal matrix and latissimus dorsi flap)

| Time Frame | Activity |
|----------------------------|---|
| 1 to 7 days post-op | <ul style="list-style-type: none"> <input type="checkbox"/> Deep breathing exercises <input type="checkbox"/> Walking around the house as able <input type="checkbox"/> Alternate periods of rest and activity <input type="checkbox"/> Avoid lifting anything over 5 pounds and reaching above shoulder height <input type="checkbox"/> Self-care activities |
| 1-week post-op | <ul style="list-style-type: none"> <input type="checkbox"/> Begin gentle arms exercises as per rehab booklet provided to you pre-surgery <input type="checkbox"/> Improve sitting and standing posture <input type="checkbox"/> Avoid lifting anything over 5 pounds <input type="checkbox"/> Light house keeping activities, i.e. dusting, meal prep <input type="checkbox"/> Self-care activities <input type="checkbox"/> May begin driving if not on narcotic meds and good range |
| 3 weeks post-op | <ul style="list-style-type: none"> <input type="checkbox"/> Continue with arm exercises to increase movement in the arm <input type="checkbox"/> Begin scar massage if incision healed <input type="checkbox"/> Maintain good sitting and standing posture <input type="checkbox"/> Gentle exercises can begin, i.e. walk in the neighborhood <input type="checkbox"/> Can begin the return to work if working at a desk or working from home with part-time hours |
| 6 weeks post-op and beyond | <ul style="list-style-type: none"> <input type="checkbox"/> Can begin yoga, pilates, weight training <input type="checkbox"/> Can begin to return to aerobic classes, swimming, cycling and cardio machines with surgeon's permission. <input type="checkbox"/> No chest strengthening without the surgeon's approval <input type="checkbox"/> Can begin with heavier household tasks, i.e. vacuum <input type="checkbox"/> Can <u>gradually</u> begin the return to work that is more labor intensive, i.e. personal support worker, nurse, working in a manufacturing plant. <input type="checkbox"/> Can begin walking the dog while holding onto the leash starting with short periods of time. <input type="checkbox"/> Surgeon's preference for pectoral strengthening |

*Only light activities on the day of and 24 hours after an expansion*Please note that these are only guidelines and that you may want to check with your surgeon for any specifics