

Recovery Time

Abdominoplasty with liposuction

Recommendations can be modified, the times of recovery vary in some cases, and these are recommended by Dr. Raul Lopez

Surgery Duration

(Approximately)

TIME



4 to 5 hours

Discharged

1 day after surgery

Rest Time (Relative)

(The patient can walk and move and should get out of bed every hour during the day)

the first 7-10 days (relativo)

Time to resume office work (job)

(Approximately)

10-15 days after surgery

Time to resume moderate activities

(lift 10 to 15 pounds)

10-15 days after

Time to resume light exercise

(Cardio, aerobics..etc)

6 weeks after

Time to resume intense exercise

(Weight Training, Cross Fit, gym..)

8 weeks after