

Recovery Time Breast Surgeries

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

Surgery Duration
(Approximately)

**Breast Augmentation
With Implants**



30 to 45 minutes

**Breast Lifting /
Mastopexy**



1:30 to 3 hours

Discharged

**Ambulatory
(Same Day)**

**Ambulatory
(Same Day)**

Rest Time (Relative)

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

**Less than 24
hours
(relative)**

**1-2 days
(relative)**

Time to resume office work (job)
(Approximately)

**2 days
after
surgery**

**1 a 3 days
after
surgery**

Time to resume moderate activities
(lift 10 to 15 pounds)

**10-15 days
after**

**10-15 days
after**

Time to resume light exercise
(Cardio, aerobics..etc)

**4 weeks
after**

**4 weeks
after**

Time to resume intense exercise
(Weight Training, Cross Fit, gym..)

**8 weeks
after**

**8 weeks
after**