

# Recovery Time Breast Augmentation

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

## Surgery Duration

(Approximately)

## TIME



**30 to 60  
minutes**

## 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  
1-2 days  
(relative)**

## Time to resume office work (job)

(Approximately)

**1-3 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)

**4 weeks  
after**

## Time to resume intense exercise

(Weight Training, Cross Fit, gym..)

**8 weeks  
after**