Recovering from breast surgery can be painful and make daily activities more difficult. To stay as comfortable as possible and help your recovery go smoothly:

- Follow your doctor’s recommendations about exercise and other physical activities.

- Ask about physical therapy and request a therapist with experience in breast cancer rehabilitation.

- Take short, frequent walks to get some activity. Ask friends along to motivate you.

- Take daily naps. Lie on your back if possible.

- Invite family and friends for company.

- If a friend or family member is causing stress, it’s OK to ask them for time to be alone. Do what’s best for you.

- Tell your healthcare team if you notice any changes or think anything is wrong.

Other ways I want to care for myself during recovery: ________________________________

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