



LIVING BEYOND
BREAST CANCER®

PHYSICAL CONCERNS



Caring for yourself after breast surgery

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: _____

