

PHYSICAL ACTIVITY



Physical activity and exercise play an extremely important role in maintaining adequate metabolism in the postoperated patient. We recommend:

- Bed rest.
- You can go up and down stairs with help until your doctor tells you that you can do it alone.
- Use walker, crutches or cane for added security.
- Do not load objects weighing more than 5 kg.
- Perform moderate activity for the next 10 days.
- Allow rest periods.
- Resume your activities until directed by your doctor.

In the first two weeks, the patient should walk progressively twice a day depending on his tolerance.

After the second week until the sixth week, cardiovascular training can begin to develop muscle strength and endurance in patients with poor physical condition.

This is general information ask your plastic surgeon about your particular case.

Puerto Vallarta:

Av. Los Tules 116, Díaz Ordaz,
C.P. 48310, Puerto Vallarta,
Jalisco



Renova Clínica Estética

renovaclinicapv@gmail.com
<http://www.renovaclinica.com>

Guadalajara:

Av. Copernico N°5590,
Arboledas, C.P. 45080,
Zapopan, Jalisco

(+52 322) 293 6628
(+52 33) 3634 0043