

Post-Operative Care

While you're being treated for breast cancer, you may not have the energy you once did or be able to move your body as well as before. You may also notice swelling in your arm, hand, or chest area after surgery. Swelling that occurs right after breast cancer surgery is common and usually resolves with time. In Physical Therapy we will work on this swelling to get the Lymph System working properly.

Our bodies are designed to move. Many people wonder about the best time to resume their prior activities or exercise routines after cancer treatment. Some people are inclined to start moving right away, while others proceed more cautiously. Either way is fine.

Gentle exercise is a safe way to begin moving your body after surgery, and it can also help you feel more energetic during your treatment. As you get moving and resume your daily activities, pay close attention to the side of your body on which you had your surgery. Take a break if you notice pain, aching, heaviness, or discomfort. When the symptoms go away, you can resume the activity. It is very common to have difficulty raising arms overhead and reaching. We will work on this in therapy.

Rehabilitation & Recovery After Breast Surgery is offered exclusively at:

Cape Regional Physical Therapy

Cape Regional Medical Commons
215 N. Main Street
Cape May Court House, NJ 08210

Call 609.536.4995 - Option 2

Hours of Operation

7 am - 7 pm / Monday - Friday

REHABILITATION & RECOVERY AFTER BREAST SURGERY



CAPE REGIONAL
PHYSICAL THERAPY

A member of Cape Regional Health System

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Pre-Operative Care

At Cape Regional Physical Therapy we offer a physical therapy (PT) visit to get baseline measurements prior to surgery.

We will instruct you in a home program for your post-operative recovery.

Exercise Interventions For Upper Limb Dysfunctions Due To Breast Cancer Treatment

- 24 Recent Studies show success in intervention and rehabilitation following surgery
- Structured Physical Therapy post-operation improves range of motion (ROM), shoulder function, and reduce pain.
- Starting Physical Therapy has no evidence of increasing the risk of lymphedema.

How Much Can I Do?

We want to give your body the best chance to heal following surgery.

Some things you can do immediately post-operation to get the best outcome.

- REST
- Avoid excessive movement of the arm
 - ✓ Healing is occurring in the lymphatic system that collects and drains fluid where lymph nodes were cut or removed.
 - ✓ Studies show it takes 7-10 days for these vessels to start reconnecting.
 - ✓ Therefore, while drains are in, plus 3 days more we want you to not overuse the arm on the surgical side.

To schedule an appointment, please call 609.536.4995, Option 2