

# Breast Implants Central



## Recovery Preparation Checklist

Preparing your recovery area is very important and can make all the difference in the world. Searching for Kleenex, medications, and even something to eat can expend a lot of energy that you and your caretaker do not have to spare. Having all of the necessary items on hand, within arms reach, can make your recovery more pleasurable, or at the very least easier.

- \_\_\_ You should clean your house a few days before your surgery so that you will have time to relax the night before. This includes laundry, the kitchen, dishes, and the bathroom you will be using.
- \_\_\_ If you have children, arrange for them to be cared for by a family member if you can. The grandparents may look forward to the visit and you could use the break the first few days.
- \_\_\_ For your four legged "children", arrange for your caretaker to take care of walks, cat box cleanings, etc. If you cannot have them taken care of, be sure their food is easily accessible. You will more than likely have to bend down, but please do so with caution and bend at the knees carefully. Remember to get up slowly and brace yourself for balance.
- \_\_\_ If you will not have someone to prepare your every meal, have easy to cook (as in microwavable, or easily heated) meals on hand. Or cook your own and freeze them for heating up later. Choose healthful meals and snacks.
- \_\_\_ If you can, place all of your needed foods and other items within easy reach, preferably at hip level. Including your silverware and can opener!
- \_\_\_ Purchase several bags of frozen peas, usually 3 "sets" of what you will require for icing. This way you will always have a fully frozen set when you need it. Remember to place the bags in the freezer at least the day before your surgery.
- \_\_\_ Make helpful lists which your caretaker or significant other may need. This may include thermostat settings, bill due dates, delivery dates, etc. Things that you can not take care of in advance, but that you usually take care of, may be confusing to others.
- \_\_\_ Place the toiletries you will need, such as extra toilet paper, within reach so that you do not have to reach, bend over, or climb up to get them.
- \_\_\_ Have an area set up on your nightstand for your medications, with a medication organizer (with day and time dose compartments), and a written back up schedule/check list.
- \_\_\_ Place several bottles of bottled water and plain, low sodium crackers on your nightstand.
- \_\_\_ Place your vomit pail (coffee tub with lid) within easy reach as well.
- \_\_\_ Place Wetnaps, Kleenex and a roll of paper towels within reach.
- \_\_\_ Place a digital thermometer near the bed so that you will be reminded to take your temperature. It is a good idea to assign a time schedule for your readings, for instance before you take your AM and PM medications. Write this on your checklist.
- \_\_\_ Make sure your remote controls have fresh batteries, or are fully charged.
- \_\_\_ Rent, download, or schedule movies to be recorded on your DVR. Purchase books or magazines, or download digital or audio books in advance so that you will have something to do when you are not sleeping.
- \_\_\_ Have your cellphone, charger cord and a power supply nearby as well. You can use your cellphone in an emergency and also to call or text for your caretaker.
- \_\_\_ Have your MP3 player and earbuds nearby with its charger as well
- \_\_\_ Set up your bed with plenty of pillows including body pillows or "husband" pillows if you have any. if you have a recliner, you may wish to sleep there instead.

- \_\_\_ Place an extra blanket or throw easily within reach.
- \_\_\_ Although you will be spending all of your time in a compression garment, you may want to wear comfortable pajamas or sweats over them. Again, tops which close via buttons or snaps will be easiest for you.
- \_\_\_ If you wear slippers, make sure they have grip on the soles. If you choose to wear socks without grip, take care when walking on slippery surfaces.
- \_\_\_ Make sure your laptop is charged and that you have a power supply nearby. Especially if you are going to document your experience for a journal.
- \_\_\_ Make sure you have your digital camera fully charged and has an empty memory stick (or disposable camera).
- \_\_\_ Make a list of your emergency numbers for your caretaker, or for you, to find easily in the event that you might need them.

**Notes:**