

Your Oasis

Here's a comprehensive checklist of what you may want to prepare or have on hand before your surgery in order to create a relaxing oasis for your recovery time.

Prescription medications, vitamins and dressings

1. Ask your surgeon about over-the-counter or prescription sleeping pills if you think you may experience difficulty sleeping after your surgery.
2. Make sure you have someone with you to open the medicine bottles. If you don't then make sure the pharmacist puts them in a non-childproof simple twist top.
3. Have an alarm of sorts that you can set as a pill reminder.
4. Keeping a medicinal level in your system is helpful (if you're having problems with pain).

Digital thermometer

If requested, you may need this to monitor your temperature after your breast augmentation. A high fever may be a sign of infection. Your surgeon should discuss other signs of infection with you before your surgery.

Books and/or magazines

Buy those best sellers you've been meaning to read or stock up on your favorite magazines. You also might consider joining or updating Netflix or iTunes.

Journal/laptop

Keep a journal of your progress. This helps to keep track of how you're doing and can help with questions you might want to ask your surgeon on your post-op visits. (You may want to use a recorder to record your progress; then type it once you feel better).

Wet wipes and make-up removal pads

These will help you freshen up in the initial postoperative period, when you can't shower or bathe.

A grabber thingy

This is for when you may drop something since you could have hard time reaching for items around you.

Recovery clothes

Oversized shirts that open from the front, along with comfy sweat pants or pajama bottoms. A robe and slippers or several pairs of thick socks are also helpful.

Drinks

Get a cooler and fill w/ bottled water and sugar-free drinks (loosen caps on bottles).

Recovery foods *See shopping list.*

Hand mirror

You will want a mirror within reach

Pony-tail holders/Hair Bands

These will help keep your hair off of your face

Night stand or TV tray

Glasses

If you wear them or need reading glasses.

Trash can

Pen, paper, scissors, etc

Back Scratcher

Wedge pillow, back pillow with armrest, and/or C-shaped neck pillow

Moisturizer and/or Lip balm

Ice chest

Lamp/Flash light

TV or DVD remote control with new batteries

Telephone (fully charged if a cordless or cellular phone)

iPod or other electronic entertainment unit

Disclaimer: Always consult your doctor to find the treatment that is right for you. Individual results may vary.