Mommy Makeover *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Sore in two areas, walking slightly bent, sleeping propped up with knees raised.

Week 1
Drain care, compression, short walks. You'll need someone with you.

Weeks 2–3
More independence. Still no lifting children, laundry or groceries.

Weeks 4–6
Gradual return to normal routines when cleared.

Months 3–12
Scar season for both breast and abdominal incisions.

Four weeks before

- [ ] Step counter
- [ ] Light resistance bands
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Breathing exerciser (incentive spirometer) ASK SURGEON
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Knee wedge pillow ★
- [ ] Backrest reading pillow
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Raised toilet seat ★
- [ ] Shower chair ★
- [ ] Handheld shower head ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Wide-leg lounge pants ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews

Week one at home

- [ ] Front-closure surgical bra ASK SURGEON
- [ ] Abdominal binder ASK SURGEON
- [ ] Drain holder belt ★
- [ ] Shower drain lanyard ★
- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Disposable underpads
- [ ] Nitrile gloves
- [ ] Peri bottle
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Reusable bendy straws
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★
- [ ] Dry shampoo

Weeks two to six

- [ ] Soft recovery bra ASK SURGEON
- [ ] Stage 2 compression garment ASK SURGEON
- [ ] High-waist soft underwear
- [ ] Adhesive remover wipes
- [ ] Soft robe
- [ ] Bone broth

Scar season

- [ ] Silicone scar sheets ASK SURGEON
- [ ] Silicone scar gel ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★

Talking with *your surgeon*

Questions many mommy makeover patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

How long will I need full-time help at home, especially with my children?

Will I have drains, and how many?

Which garments do I need for my breasts and abdomen, and should I buy spares?

When can I lift my children?

Which medications and supplements should I stop, and when?

When can I drive?

When to call your surgeon

- Sudden swelling, firmness or bruising on one side of the chest or abdomen
- Skin near an incision that turns dark, gray or black
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS