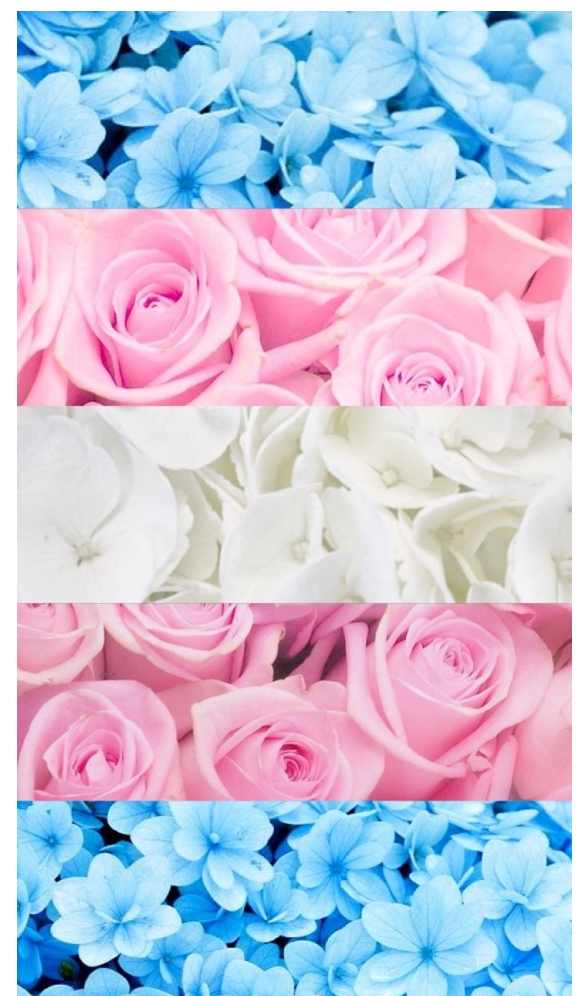


*Your scars  
are  
someone else's  
signs of  
hope*

Be patient.  
With your body.  
With your time.  
With yourself.



	Item	Price/Brand/Purchased at	Purpose
<input type="checkbox"/>	Note from surgeon	Free/ Request from surgeon office or during consult	If traveling by plane the note will help get through TSA without having to lift arms above your head and boarding first if necessary.
<input type="checkbox"/>	Vitamin C 1000ml		Vitamin C helps aid in recovery and also keeps your immune system strong. I start taking it two weeks before and take it through my recovery.
<input type="checkbox"/>	Antibacterial wipes		I am having surgery during Covid 19, so I plan to wipe down everything in the Airbnb the night before.
<input type="checkbox"/>	Unscented body wipes	\$17.95/ Nurture bathing wipes/ Amazon	For the first few days without a shower.
<input type="checkbox"/>	Thermometer	\$7.99/ Amazon	Monitor for fever, which could be a sign of infection.
<input type="checkbox"/>	Button up shirts	\$16/ Baseball button down jersey/ Amazon	I went with cotton baseball jerseys, they were cheap and comfortable.
<input type="checkbox"/>	Slip on shoes	\$20/ Adidas slides	I already had a pair of slip on shoes. There are some as cheap as \$10 online.
<input type="checkbox"/>	Sweat pants	\$16.80/ Champion jogger/ Amazon	They are easiest to put on and comfy.
<input type="checkbox"/>	Gym shorts	\$13.13/ Champion mesh shorts/ Amazon	
<input type="checkbox"/>	Zip up Jacket		Incase you get cold, you don't want to have chills as it can be uncomfortable while healing
<input type="checkbox"/>	Compression socks	\$13.79/ Physix Gear/ Amazon	For swelling and travel if you have a long flight or commute.
<input type="checkbox"/>	Post op binder	\$90/Marena	My surgeon provided mine but if you have to buy one Marena is a good brand but not cheap.
<input type="checkbox"/>	Body pillow	\$39.99/ Pregnancy pillow/ Amazon	This is a bit too big for travel but great for sleeping on your back if you don't have a recliner. Just put a couple pillows behind it to prop it up.
<input type="checkbox"/>	Neck pillow	\$17.99 - \$39.99/ Neck pillow/ Amazon	I had the Huzi Infinity pillow and its super comfy with a variety of positions. I also have just a standard neck pillow that I use when I take long flights, so incase I need something more firm.
<input type="checkbox"/>	Wedge pillow	\$28.99 - \$40.99/ Amazon	I didn't end up getting this one but I've heard a lot of people like them for sleeping upright on your back or watching tv during recovery.
<input type="checkbox"/>	Mastectomy pillow	\$30/Amazon	This is a great option for car rides post op. You can also use a seatbelt pillow. I heard from several people that using this was good when just laying down incase your cat or pup tries to lay on you.
<input type="checkbox"/>	Ice packs	\$12.99/ Icewraps 5 pack/ Amazon	For swelling post op and also to put on your head or neck if you feel dizzy the first couple days.
<input type="checkbox"/>	Back scratcher		I didn't end up getting this one but it definitely would have come in handy for those scratches I couldn't reach.
<input type="checkbox"/>	Soap bar pouch	\$9.99/ Soap saver pouch 2 pack/ Amazon	I use bar soap and got these to make it easier when I shower not to drop the soap and also if I needed any help the first couple times the other person could have an easier time without using just a slippery bar.
<input type="checkbox"/>	Laxatives/ Stool softener	Dulcolax	For constipation from anesthesia post op. Should only need the first few days/week. My advice, start taking these right away as it takes a couple days to really kick in.
<input type="checkbox"/>	Arnica		For bruising post op. Ask your surgeon about taking this first. Mine said I didn't need it but I've heard some people use it.
<input type="checkbox"/>	Water		Lots of water. Stay hydrated, it helps the healing process.
<input type="checkbox"/>	Nuun tablets	\$10-\$20/ Whole Foods or Amazon	Helps stay hydrated with electrolytes. They actually have great flavors too. Pedialyte is another great option if you don't like the nuun tablets. I personally don't like Gatorade or other sports drinks with artificial sugars.
<input type="checkbox"/>	Ginger tea or Ginger ale		For nausea the first week from anesthesia.
<input type="checkbox"/>	Rosehip tea		For healing skin.
<input type="checkbox"/>	Green tea		For nausea and healing.
<input type="checkbox"/>	Peppermint tea	Traditional Medicinals Organic Belly Comfort	Helps with constipation. The one I used is called Belly Comfort. It was the only thing that did the trick.
<input type="checkbox"/>	Turmeric juice or supplement		For inflammation.
<input type="checkbox"/>	Nuts and trail mix	Any grocery store.	Healthy snack ideas. For the fruits and veggies you can get them pre cut in the produce section which would make it easier to eat and less prep work.
<input type="checkbox"/>	Fruits and veggies		
<input type="checkbox"/>	Hummus and crackers		
<input type="checkbox"/>	Applesauce		
<input type="checkbox"/>	Yogurt		
<input type="checkbox"/>	Graham crackers		
<input type="checkbox"/>	Pudding		
<input type="checkbox"/>	Meal service	\$55-\$150/ 5-10 days worth at Freshly, Pete's paleo, Healthy Chefs creations, and many others	This one isn't a necessity but I thought it was good to mention as an option for those who don't cook. You can do a subscription for the first couple weeks just to have ready made meals that are healthy and easy to make.
<input type="checkbox"/>	Collagen rich foods and anti inflammatory foods.		Collagen aids in healing of skin and has amino acids which is also good for recovery. Soups, broths, etc. Pete's paleo meal service has some broth options if you decide to use their meal service. Berries, greens, turmeric, fish and other anti inflammatory foods are great for the first two weeks to help with swelling and bloating.
<input type="checkbox"/>	Collagen supplement		If you like shakes this is a great option to add in with a smoothie or protein shake to get the collagen. Bonus if you get one with added turmeric for inflammation.
<input type="checkbox"/>	Protein powder		I have a protein shake every morning for breakfast turns out to be easy for post op too. I use vegan protein powder, a banana, peanut butter, frozen berries, chia seeds, collagen supplement and almond milk.
<input type="checkbox"/>	TV tray or tray table	\$20-\$40/ Amazon or Etsy	I already had a tray for my laptop that worked perfectly for meals and to keep things close like my phone or water.
<input type="checkbox"/>	Straws		This one is a must!
<input type="checkbox"/>	Neosporin/Gauze pads/ bandaids		My surgeon will provide these for the first few days but I did need to buy more to last several weeks til my nipples healed.
<input type="checkbox"/>	Coloring books		For entertainment those first couple weeks. I put together a list of tv shows and movies that I could basically just sleep through for the first week and then some books to read when I had more energy. I definitely encourage self care books or anything that comforting for you during recovery. It's more than just a physical process, it can be emotional too and all the more reason to take good care of your mental health and be kind to yourself.
<input type="checkbox"/>	Netflix/hulu		
<input type="checkbox"/>	Video games		
<input type="checkbox"/>	Self care books		
<input type="checkbox"/>	Silicone Strips/Gel		My surgeon only recommends silicone for scar treatment as it is the only thing that has scientifically proven results.
<input type="checkbox"/>	Massage roller	\$20-\$30/ Saphora	I have a jade face roller from Saphora. You can definitely find alternatives for massaging scars or just use your fingers. This is important to do for flatter scars and better healing.
<input type="checkbox"/>	Natural scar oil	\$20-\$50/ Cocolene/Amazon	I got an all natural scar treatment oil for when I do scar massage in the morning and at night. It is a Tamanu and Frankincense oil and the other oil I got from amazon and it's made by Pura D'or and has rosehip, lavender, tamanu, geranium, patchouli, and sage. All great things for healing scars.