



# POST-OP HOME CARE & SHOPPING LIST

## WHY PREPARATION MATTERS

Having the right tools, supplies, and products ready before your surgery makes recovery smoother, safer, and more comfortable. Being prepared also reduces stress and allows you to focus on healing.

### Essential Supplies

#### Comfort & Support

- **Extra Pillows** – To keep you elevated and comfortable while sleeping.
- **Wedge Pillow** – For proper post-op sleeping position (especially after lipo, tummy tuck, or BBL).
- **Body Pillow** – For side support and pressure relief.
- **Mattress Protector** – To protect bedding from drainage, sweat, or product spills.
- **Portable Fan** – To help with hot flashes or overheating

#### Skin & Wound Care (use only once incisions are closed)

- **Antibacterial Soap** – For gentle, safe cleansing of skin and garments.
- **Hypochlorous Acid Spray** – To keep skin clean and help prevent infection.
- **Moisturizer or Healing Balm** – Fragrance-free, gentle formulas to prevent dryness under compression garments.
- **Arnica Gel/Cream** – To reduce bruising and inflammation.
- **Scar Cream/Silicone Sheets** – Once cleared by your provider, to minimize scarring.

#### Compression & Accessories (ALWAYS GET SURGEON APPROVAL)

- **Stage 1, 2, and 3 Fajas** – Have all ready for progression.
- **Foam Pads** – To even out compression and prevent garment creases.
- **Abdominal Board** – To keep the midsection flat and smooth.
- **Back Board** – Optional for lower back support and contouring.
- **Seamless Tank Tops/T-Shirts** – To wear under faja for skin protection and comfort.
- **Extra Compression Garments** – At least two per stage to rotate for washing.

## Cleaning & Hygiene

- **Disposable Bed Pads/Chux Pads** – To protect furniture and bedding.
- **Antibacterial Wipes** – For quick surface and skin cleaning.
- **Hand Sanitizer** – Keep in every room you'll rest in.
- **Laundry Detergent for Delicates** – For washing fajas and compression accessories.
- **Mesh Laundry Bags** – Protect compression garments during washing.

## Nutrition & Healing

- **Pineapple Juice or Bromelain Supplements** – To help reduce swelling.
- **Herbal Teas (like ginger or chamomile)** – For digestion and relaxation.
- **Protein Shakes/Powders** – To meet protein needs for healing.
- **Electrolyte Drinks (low-sugar)** – To help with hydration and recovery.
- **High-Fiber Foods** – To avoid constipation from pain medications.
- **Omega-3 Supplements** – To help reduce inflammation.

## Recovery Aids

- **Heating Pad** – For comfort (never directly over fresh incisions). – Once Cleared for use
- **Cold Packs** – To help with swelling and pain.
- **Massage Roller or Wood Therapy Tools** – Once cleared for use.
- **B12 or Multivitamins** – For energy and recovery support.
- **Lymphatic Drainage Brush or Dry Brush** – To stimulate circulation once fully healed.

## Pro Tips for an Easier Recovery

- Set up a recovery station near your bed or couch with all essentials in reach.
- Have a friend or family member available to assist during the first few days.
- Keep healthy snacks, water, and your phone charger within arm's reach.
- Arrange for help with pets, kids, or chores for at least the first week.
- Wear loose, front-opening clothing that's easy to put on and take off over your faja.

*A prepared recovery space means less stress, fewer risks, and more comfort so you can focus entirely on healing and enjoying your results.*