



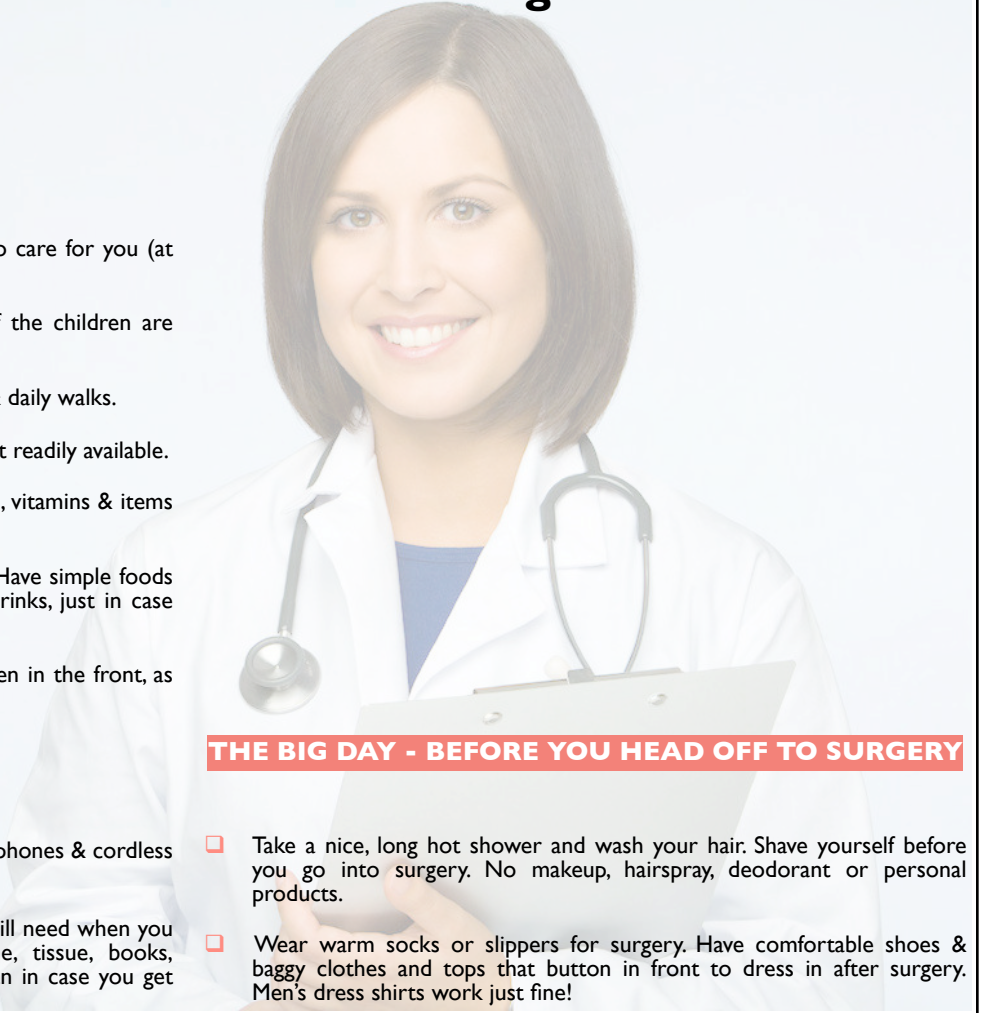
Pre-Op Checklist for Your Breast Augmentation

A FEW DAYS PRIOR TO SURGERY

- ❑ Wash hands religiously & avoid sick people.
- ❑ Arrange a ride to and from surgery & someone to care for you (at least 48 hours after surgery).
- ❑ Arrange for child care for at least 2 days - or if the children are young, arrange for help at the house.
- ❑ Enlist someone for pet care, pet food, litter boxes & daily walks.
- ❑ Let friends/family know you will be recovering & not readily available.
- ❑ Fill prescriptions, buy Neosporin, gauze for changes, vitamins & items the surgeon recommended.
- ❑ Shop for/cook some foods in advance (like soup). Have simple foods readily available - crackers, Jell-O, canned health drinks, just in case you can't eat.
- ❑ Buy 1-2 large, wireless jogging/sports bras that open in the front, as well as comfy pajamas.
- ❑ Get a bell to call signal the person helping you.
- ❑ Pay bills & take care of your banking.
- ❑ Recharge/replace batteries in remote controls, cell phones & cordless phones.
- ❑ Set up a table close by you to put the things you will need when you return: medications, TV remote, vitamins, phone, tissue, books, magazines, water bottles, food bars and a trash can in case you get nauseous.

THE DAY BEFORE SURGERY

- ❑ Do the dishes, laundry, clean house & change your bedsheets.
- ❑ Gas up your car, rent movies & setup your DVD player.
- ❑ Leave out some button-down shirts and stretchy pull-on pants.
- ❑ Consider sleeping on your couch/recliner for the first couple of nights. Make up the couch or chair with sheets, blankets and pillows (if you have a U-shaped or body pillow, use that as well). Upright will feel good.
- ❑ Put dry foods on counter, and refrigerated foods at lower levels to avoid reaching. Loosen jar lids, etc.
- ❑ Get a bag of frozen peas, ice bags or frozen gel packs for swelling, and a heating pad for a sore back.
- ❑ Put out all of your garbage. Get a good nights sleep and if your doctor instructed you to not eat or drink anything, don't!



THE BIG DAY - BEFORE YOU HEAD OFF TO SURGERY

- ❑ Take a nice, long hot shower and wash your hair. Shave yourself before you go into surgery. No makeup, hairspray, deodorant or personal products.
- ❑ Wear warm socks or slippers for surgery. Have comfortable shoes & baggy clothes and tops that button in front to dress in after surgery. Men's dress shirts work just fine!
- ❑ Put our Post-Op Checklist on your bedside table, with bell.
- ❑ Arrange bathroom - set out the toilet paper so it's within reach. Organize items and put them within a few inches of reach for you in your bathroom (e.g mouthwash, toothpaste & toothbrush, hair brush & ties, contact lens kits and makeup).
- ❑ Take a coffee can or something with a lid for the ride home in case you get ill.
- ❑ Bring cold ginger ale or water to sip on the way back home from your surgery.
- ❑ Bring a lip balm for your lips which can get dry after surgery.
- ❑ Have pain medications available (as per by your doctor) for ride home.
- ❑ Remove your contact lenses and switch to glasses if you need to.
- ❑ Bring your list of any last minute questions, and be sure to let your doctor know you found out about them through ImplantInfo.com!
- ❑ Keep a positive attitude throughout the process, and good luck!