



Why I Created This Website, What's on It and Why I Would You Want to Use It

Preparing for surgery can be overwhelming. I know this firsthand—when I had my own surgery, I spent hours jumping between websites and blogs, trying to piece together what I actually needed for recovery. It was stressful and confusing—the last thing anyone needs before surgery.

That's why I created the Ab Binder Aid and this website: to save you time, stress, and guesswork.

First, you'll see the Ab Binder Aid. This is my own invention and I'm pretty excited about how many people I believe this tool is going to help. There are 39 Million Surgery's that use the exact same abdominal compression binder that The Ab Binder Aid was created for. See the lists I provided on the site that shows the surgery's that use this exact binder.

The **Ab Binder Aid** is a simple, powerful tool that helps you apply your abdominal binder *on your own*, safely and securely. The patented pending design holds one end of your binder in place so you can stretch and wrap the rest around your body without assistance.

It's especially helpful for individuals recovering from surgery who may not have help—or who prefer privacy during recovery.

Next, you'll find a **“must-have” recovery list** for the “Featured Surgery” at three different levels to match every budget.

For every product on this list, I've included:

- The surgeries that benefit from it
- Why you'd want to use it

- How it will help you during recovery

1. Essential Healing List for the “Featured Surgery”

Affordable and practical, this list includes all the core recovery items you truly need.

2. Comfort Recovery List for the “Featured Surgery”

Everything from the Essential Healing List, upgraded with higher-quality, more comfortable products for an easier recovery.

3. Deluxe Healing List for the “Featured Surgery”

Our most comprehensive selection, featuring top-of-the-line products for the smoothest, most pampered healing experience.

But recovery isn’t just about the basics. There are so many other products that make recovery easier, less stressful, and more comfortable, including:

- Pain Management Essentials
- Emotional Comfort and Sleep Support
- After Surgery Skin and Body Relief
- After Surgery Clothing -Post-Op Travel Comfort
- Pre and Post-Op Healing: Supplements, Protein, and More

So many helpful items you probably didn’t even think about—but I’ve done that work for you. Check out more products and categories listed below.

I’ve personally researched and selected these options, saving you from sifting through dozens—sometimes hundreds—of products trying to figure out which ones would be the best to try.

My goal is to help you prepare with confidence, so you can focus on healing and feeling your best after surgery.

Wishing you comfort, confidence, and a speedy recovery!

Ann Marie

Visuals for Website Section

When I had my own surgery, I spent hours jumping between websites and blogs just trying to piece together a solid list of what I actually needed for my recovery. It was overwhelming—and honestly, the last thing anyone needs when preparing for surgery.

That's why I created the Ab Binder Aid and this website: to save you time, stress, and guesswork. For the website I created a list of "must haves" for recovery for three different levels for each individual's budget. I have personally chosen products that support a smoother, more comfortable healing process.

Essential Healing List

An affordable option with all the core recovery essentials you need. Perfect for those looking for budget-friendly healing support without compromising function.

Comfort Recovery List

Includes everything in the Essential Healing List, but with upgraded, higher-quality versions of each product for added comfort and durability.

Deluxe Healing List

Our premium bundle features top-of-the-line products—designed for the ultimate in comfort, convenience, and luxury during recovery. It's the most comprehensive option for a smoother, more pampered healing experience.