



## **Breast Recovery Checklist**

### **Inframammary (Under Breast Fold) Incision**

The “Must-Have” items on this checklist are the core essentials you’ll need for a safe and smooth recovery. To make it super easy, all Must-Have products are already organized for you on the website under the Surgery-Specific category, with direct links to each item. Everything else on this list is optional but highly recommended to make your recovery more comfortable, more convenient, and as stress-free as possible. Be sure to also explore the other categories in our Recovery Shop to find additional items based on your personal needs and preferences. Choose what fits for you and build your personalized recovery setup with confidence.

#### **Surgery-Specific Must-Haves**

- Surgical bra (front-closure)
- Wedge pillow or wedge pillow set
- Ice packs or gel packs
- Sterile gloves
- ABD pads / soft gauze
- Mild incision cleanser (if recommended by surgeon)
- Drain holder belt (if drains are used)
- Waterproof mattress protector
- Electrolytes / hydration support
- Extra-long phone charger

#### **Incision-Specific Needs**

- Use under-fold gauze pads
- Avoid bras that rub under the breast fold

- Keep incision crease completely dry

### **Additions for Comfort a& Convenience**

Visit our Recovery Wear – Pajamas, Robes & Slippers section for:

- Soft, comfortable pajamas with inside pockets
- Robes with inside pockets
- Recovery slippers
- Extra pillows
- Back scratcher
- Bedside organizer
- Lap desk
- Small table for essentials

### **Daily Hygiene and Personal Care**

Visit our Daily Hygiene & Personal Care section for:

- Mild soap
- Shower wipes
- Soft towels
- Dry shampoo
- Antibacterial wash
- Shampoo caps
- Hand soap
- Sterile gloves

### **Home Setup & Convenience**

Visit our Recovery Helpers section for:

- Bedside storage bag
- Adjustable bedside table

- Lap desk
- Grabber tool
- Small bedside trash bin
- Extra blankets

## **Emotional Comfort and Sleep Support**

Visit our Emotional Comfort & Sleep Support section for:

- Weighted blankets
- Sleep headphones
- White noise machines
- Humidifiers
- Aromatherapy diffusers
- Sleep eye mask

## **Mind-Body and Inner Recovery**

Visit our Mind, Body & Inner Recovery section for:

- Guided meditations
- Restorative sleep audio
- Breathing exercises
- Affirmations

## **Nutrition and Hydration**

- Hydrating fluids (water, electrolytes)
- High-protein shakes & snacks
- Easy-to-digest foods
- Reduce sodium to help minimize swelling
- Avoid alcohol & smoking (slows healing)

## Special Care

- Sleep elevated on your back at 30–45°
- Avoid lifting arms above shoulder height
- Avoid heavy lifting
- Keep incisions dry
- Follow surgeon's massage/implant-settling instructions if appropriate
- Attend follow-up appointments

**Helpful Tip:** Maintaining proper elevation, wearing your surgical bra as instructed, and avoiding overhead arm movements will greatly support a smooth recovery. Hydrate well and keep essential items within easy reach.

**Disclaimer:** This recovery checklist is for general informational and organizational purposes only. It is not medical advice and does not replace the instructions or recommendations provided by your surgeon or licensed healthcare provider. Always follow your doctor's specific post-operative guidelines, as they may differ based on your procedure, technique, and individual medical needs. Any product suggestions or recovery tips included here are optional and should be used only if approved by your surgeon. After Surgery Supplies™ and its related materials are not responsible for medical outcomes or recovery decisions made by the patient.

Wishing you comfort, confidence, and a smooth recovery.

*Ann Marie*