



## Tummy Tuck Recovery Checklist

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.

### Featured Surgery lists

These must-have items can be found under our three Featured Surgery package tiers. Choose the Essential Healing, Comfort Recovery, or Deluxe Healing list based on your budget and comfort preference.

### Binder and Compression

- **Ab Binder Aid™ – helps you apply and adjust your binder independently.**  
The Ab Binder Aid™ includes a premium compression binder.

- Abdominal binder (additional if desired)
- Stage 1 & Stage 2 fajas
- Lipo foam boards or pads
- Compression socks

### Mobility and Compression

- Bed wedge pillow or recliner
- Wheelchair (optional, as needed)

### Shower and Bathroom Support

- Shower chair

- Toilet seat riser

## **Wound and Incision Care**

- ABD pads / absorbent pads
- Mild antiseptic cleanser (if recommended)
- Drain holder belt

## **Home Setup**

- Waterproof mattress protector
- Puppy pads or disposable bed pads

The next sections will show you where to find your must-have items on our website, along with additional comfort products, hygiene essentials, mind-body tools, and recovery helpers that many patients find useful. Be sure to check the Helpful Tip at the end for guidance that can make your healing even smoother.

## **Compression and Recovery Wear**

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

- Soft, comfortable pajamas (men & women)
- Robes with inside pockets
- Recovery slippers (men & women)
- Seasonal options (lightweight or warm)

## **Daily Hygiene and Personal Care**

Visit our Daily Hygiene & Personal Care section for:

- Mild soap or gentle cleanser
- Shower wipes
- Soft towels
- Antibacterial wash
- Q-tips & cotton pads

- Shampoo caps
- Hand soap
- Sterile gloves

## **Bathroom Relief Essentials**

Visit our Bathroom Relief Essentials section for:

- Toilet seat risers

## **Home Setup & Convenience**

Visit our Recovery Helpers section for:

- Small table or organizer to keep essentials within reach
- Back scratcher
- Bedside storage bag
- Adjustable bedside table or tray
- Lap desk
- Grabber/reacher tool
- Small bedside trash bin
- Extra blankets

## **Emotional Comfort and Sleep**

Visit our Emotional Comfort & Sleep Support section for:

- Weighted blankets
- Sleep headphones
- Sound/white noise machines
- Warm & cool mist humidifiers
- Aromatherapy diffusers
- Sleep eye mask

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

Visit our Mind, Body & Inner Recovery section for:

- Guided meditations
- Restorative sleep audio
- Bedtime stories for relaxation
- Breathwork & 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)

## **Optional Add-Ons**

- Electrolyte packets
- Extra compression garments
- Additional foam padding
- Arnica gel (if approved)
- Second wedge pillow
- Long charging cables

## **Special Care**

- Take gentle walks daily to improve circulation
- Avoid bending, lifting, or twisting motions
- Keep binder on as directed by your surgeon
- Maintain an elevated sleeping position
- Follow all post-op instructions closely

- Attend follow-up appointments
- Keep essentials within reach

**Helpful Tip:** After a tummy tuck, maintaining the right balance between rest and movement is essential. Use your abdominal binder for support, take gentle walks daily, stay hydrated, and keep your sleeping area elevated to support a smoother, more comfortable recovery.

**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*