

NEAMAN

PLASTIC SURGERY

MOMMY MAKEOVER RECOVERY CHECKLIST



Before Surgery

- Arrange for a responsible adult to drive you home after surgery
- Schedule help with childcare, pets, and household tasks
- Fill prescriptions before your surgery date
- Purchase recommended post-surgical garments and supplies
- Prepare loose, comfortable clothing that is easy to put on
- Stock up on water, healthy snacks, and easy meals
- Create a comfortable recovery area with pillows and blankets
- Take time off work and review FMLA or short-term disability options

Scar Care & Skincare

- Silicone scar gel/sheets
- Loose clothing
- Gentle cleansers
- Compression garments

Nutrition & Hydration

- Protein-rich meals
- Hydration
- Electrolytes
- Fiber-rich foods (important after anesthesia/pain meds)

Recovery Essentials

- Compression garments
- Extra pillows or wedge pillow
- Water bottle with straw
- Scar care products (if recommended)
- Ice packs or cooling compresses
- Phone charger within reach
- Medication organizer
- Comfortable slip-on shoes
- Front-zip pajamas
- Dry shampoo
- Grabber tool
- Pill organizer
- Heating pad (if approved)
- Extra pillows

Common Mistakes

- Doing too much too soon
- Skipping compression garments
- Not hydrating enough
- Comparing recovery timelines online