

Post-Surgery Shopping List

Lipo & BBL Items For A Speedy Recovery

For everyone:

- Lipo Foam – Post Surgery Ab Board for use with Post Liposuction Surgery Compression Garments (such as Fajas Colombianas, Phax and Lowla Coresets)
- Compression Flattening AB Lip Board Post Surgery
- BBL Pillow (support recovery after surgery)
- Lipo Roller – Help smooth Skin Irregularities (such as bumps and lumps).
- Cypress Wood Body Massager with 360 Rotating Roller (for Lymphatic Drainage, Managing Swelling & Anti-Cellulite)
Brazilian Butt Lift Pillow
- HealFast Complete Surgery & Injury Recovery Supplement (supports wound healing, pain relief, scar treatment & bruising)
- Foot Stool
- Grabbing Tool
- Ironing board (use as an extra table when you can't bend easily)
- Plastic mattress cover (makes sliding over and getting up from bed easier)
- Urine funnel (if you want to urinate while standing)
- Walker (if you have open incisions)
- Baby wipes (for in between showers)
- Dog potty-training pads (protect your bed or chair from bodily fluids)

- Maxi pads (cost-effective option for absorbing bodily fluids) or wound dressings
- Essentials oils your favorite oil or lavender, rose, orange, lemon, geranium and a diffuser
- First aid kit and bandages
- Hand mirror in a larger size (to see incisions on your neck, side, back, arms or legs)
- Laxative Teas for Constipation – Smooth Move, Herbal Laxative, Prune Lax, Senna, Dandelion, Cascara, Peppermint
- Arnica for bruising – Arnicare Gel, Arnicare Tablets, Arnica Tea
- Loose easy on/off clothing in dark colors
- Shower chair
- Slip-on shoes/slippers

Many of these items suggested can be purchased on

www.amazon.com

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