Book Tips No Certain Order Edited

1. Grocery Shop For A Month

Health is wealth and after breast augmentation surgery is deffinatly a time when you need the healthiest food. Stock your cupboards, pantry, refrigerator, and freezer with healthy food and staples. Meal replacement bars and/or shakes with protein powder are great for days where you need to rest rather than prepare food. Never would you guess how difficult grocery shopping and food prep can be when you cannot move your arms or carry more than a gallon of milk. Small amounts of produce are manageable to shop and carry after about a week post-surgery.

2. Prep Meals Before Surgery

Take the time to meal prep before surgery. The first week is the roughest during recovery after breast augmentation. Whether you just boil some plain eggs and potatoes or go all out and fill your freezer with soups and casseroles at least do some food prop before your surgery day. A quick recovery will be aided by eating healthy, nourish your body back to health. Also, remember to take your vitamins and probiotics too!

3. Cooking Is Difficult At First

Cooking for yourself is a bit of a challenge during the beginning of your recovery. Even cutting vegetables can seem like climbing mt. Kilamanjaro at first. Prepare take out menus and friends to bring you meals and/or help you meal prep. One of the keys to a speedy recovery is eatting mindfully and healthy conscious. This is not the time to give into fast food with its easy availability and cheap price. Real quality healthy food is the goal, however you accomplish it. Invest in your health and your new additions!

4.  Decision Time… To Wax or Grow Out?

If you already wax everything make your appointment right before surgery. If you shave consider waxing before or growing your bikini area out to wax a few weeks post-surgery. There is no funny business for a month or two after surgery, so it all depends on personal preference. However, take into account you will not be able to see your armpits for months after surgery(if ever again) therefore, laser hair removal may be something to look into(especially for armpits)months before surgery.

5.  Recovering Clothing

Stock up on all things comfortable and that open in the front, especially shirts. Have button up shirts and zip up hoodies ready and easy to get to. The less you have to put your arms over your head to get dressed the better quality of life you will have during recovery. Maybe even buy yourself some comfortable pajama pants to wear. Nothing beats celebrating a little while you win the battle of recovery. Feeling cute and yet comfortable is nearly impossible, yet very important during recovery. Let yourself relax, but know you are beautiful and do what is necessary to maintain good health. During my recovery I discovered my appreciation for men’s button up shirts, lifting my arms above my head to put on a “normal” t-shirt or sweatshirt was just not worth it in the beginning.

6. Cute Clothes That Can Be Worn With A Sports Bra

When preparing for recovery remember to have clothing that goes well with a sports bra, but yet gives you the ability to not feel like you are in pajamas all day. One gets tired of showering and pain to only put on pajamas Again. Find some middle ground with clothing. Cabin fever and plastic surgery blues may set in and these will help you avoid feeling ugly and stuck in pajamas. Get ready and dressed for yourself when you can for your mental well being.

7. Do Your Laundry

Wash all your clothes and bedding before surgery. Folding and hanging clothes will be a lot easier before surgery then afterwards. Also, afterwards it can be a slow, painful, and frustrating process. So just get it All finished before surgery. Recovering with dirty laundry surrounding you would just not be a very pleasant experience.

8. Take down anything you will need from the top of your closet. Reaching hurts enough said. This also applies to kitchen cupboards and laundry rooms.

9. Bedding

Change your bedding before surgery. It will be nearly impossible for a week or two after surgery and no one wants to heal and recover in a dirty bed. A clean safe haven is all you will want some moments(even when you are not recovering from breast augmentation). While you are at it may as well vacuum and dust your house. The environment you recover in is important for your headspace and soul. New beginnings are fun to start with a clean slate and in a clean state.

10. Pillows & Blankets

Pillows and blankets may not be your normal thing, but during recovery you may find a newfound appreciation for them. Put them all over your house because they are great for moments when you do not want to move and need to prop yourself up to just relax. Get used to using pillows to help prop yourself up and ease the pain in your chest and back. Plus, clean bedding is always a bonus, think health is wealth again.

11. Get A Pill Container

With all the pills you have to take for the first bit of recovery, for your own sanity, get a pill container(even a cheap one from the Dollar Tree). Pill bottles are no joke when you are not supposed to use your arms much. Childsafe has a whole new meaning when you are in pain and trying to opening a pill bottle for pain medication. A pill container helps reduce the feeling that the people working at the pharmacy are doing the devil’s work.

12. Bottled Water

Put bottled water everywhere and uncrack it(or have someone do it for you). Never have you thought if water was worth getting up to get and open the bottle, only to have to get up to pee later. Make water readily available, it is important in the healing process and good health in general.

13. Buy Paperback Books

Entertainment gets hard to find so have some books on hand that interest you and help you escape the moment for a bit. Make sure to switch arms while holding a book or tablet, or even use a pillow to prop it up. When buying and collecting books aim for light paperback for the least strain possible. With tablets make sure to use a pillow to help hold it up and use both or rotating hands to support it. A little weight at the beginning can do a lot of damage if sustained in the wrong way. Also, be careful with your phone and try to put it down. Most of us use our dominant hand for our phones so be careful not use one arm more than the other.

14. T-Rex Arms

At first everything will be difficult. So remember to keep your elbow to your sides when moving as much as possible. This is your new safety zone and will help with the extra strain of everything taking longer than you are used to. Keeping your arms to your sides helps the pain stay away. This was my main goal during recovery was to be comfortable during the healing process.

15. Boredom…

It is inevitable that you will start to get bored and/or cabin fever during your recovery. Remember you are lucky to have had the opportunity to have breast augmentation. People are necessary in your recovery process. Also, you will need help with things you never imagined before. So, ask a few close friends to check on you. Even having someone button your jeans and brush your hair is something that is much appreciated during recovery. Be around loving people who you are comfortable with them seeing you at your worst. This is a moment friends and family were made for.

16. Be Around People Who Can See You At Your Worst

No one likes to pretend they are not in pain and try to look cute. I cannot emphasize how important it is to only be around people who can see you at your worst. Why make yourself uncomfortable and extend your recovery time. Be around people you do not have to put on your mask to be around. People who are going to be understand and supportive is very important. Added stress offers no help in the healing process.

17. Do Not Drive A Stick Shift

In retrospect this made complete sense. However, at the time of my surgery I owned a stick shift and never thought twice about it effecting my recovery. When I started driving after surgery I noticed the problem with using my arms in an uneven manner. The right side of my chest was tense and tighter than the left side. I traded in my car, but if you love your stick shift try to borrow a car or have a friend drive you around. It will save you time and money spent on massages.

18. Lack of Physical Touch-Hugs

This is something that nobody warned me about. I am used to giving my friends and family(and dog) hugs and being affectionate. However, after surgery this is not possible for awhile. Therefore, prepare for the lack of physical touch and learn ways to make yourself feel affection and loved.

19. Do Not Sleep Alone At First

The first few nights after surgery are a bit rough. I would recommend having someone stay over. You never know what will happen for you specifically, but I know I was having cramps in my back and needed help to get out of bed in the middle of the night to go to the bathroom. Be prepared for the unknown and then there are no worries, accidents, or damage to the new goods.

20. Shower/Hair Tip

Bend forward to wash hair in the shower. Reaching above your shoulders hurts so badly at first, it is easier to bend forward to reach your hair. This was an amazing realization when it occurred to me almost a month into recovery. Also, use a good conditioner because brushing your own hair is the next battle to conquer. Get help as often as possible(especially with long hair).

21. Massages

Massages are a must in the recovery process, they help you realize how tense you have become and how other parts of your body have been affected by the heavy new additions to your chest. Yes, you do have to wait till your stitches are out and your incisions are healed, but after that massages are a blessing. It is difficult to get a good massage when you cannot lay on your stomach, but most places will cater to your needs. For the first six months or until you are comfortable ask for a breast pillow when you make your appointment. This will allow you to not put so much pressure on your chest while still getting a good massage. Relaxation is the key to muscles realizing and allowing your implants to fall to where they are meant to be.

22.  Steam Room/Sauna

After stitches are out and at least a month or so has passed since surgery relax in a sauna and/or steam room. Tension is not your friend during recovery from breast augmentation. Something as subtle as clenching your jaw can have an effect on the way your new boobs settle. So be aware of your stress level and do what needs to be done to relax. Also, being cold does not help so use a steam room or sauna to realize how tense you have become after surgery. Warm steam does wonders to help implants settle into place.

23. Sports Bras

Double up on sports bras. This allows you to use your old thin ones for warmth and support. Support and warmth is something your new additions will be needing even in your sleeping hours. Do not go crazy buying the same size sports bras at first because the sizes change as the swelling goes down and the recovery process continues.

24. Sleep With A Compression Belt

Wearing a compression belt or ace bandage is a necessity after breast augmentation surgery. It is hours of pressure you will not be conscious of the whole time and to be honest after surgery cat napping when you are comfortable is the best sleep. Wearing this belt may not be a comfortable option/activity at first, but definitely try it and then try it again. Things change with time and pain is a necessary part of beauty(you already went under the knife). Vanity sucks, but just wear the belt(at least sleep in it every night). After all the pain you already went through may as well follow through. I understand it feels good to be free from external restriction, but no pain no gain and the longer you will have to wait for your desired results.

25. Put Handheld Electronics Down

Laptops, cellphones, tablets, kindles, handheld video games are often what we gather when we think recovery. We gather electronics in an effort to stay busy. Well, not this time. Once again you do not want to add strain to your arms or chest so be good to yourself. In time this too shall pass, but beware of the smallest activities interfering with your implants dropping evenly.

26. Stay Warm

If you got your implants under the muscle, it will take time to stretch that muscle out. Stay warm during this process. I found that cold weather made my recovery time longer due to my muscles tensing up from the cold. Be aware of the new reactions your body has to temperatures. My implants feel like ice bags on my chest when I am in a cold climate, but I am sure everyone is a little different.

27. Different Brands Of Sports Bras

All sports bras were not created equally. It is time to try all different brands of sports bras. It only makes sense that your new chest is probably going to like a new brand because they all fit so differently. My new favorite sports bras are The North Face and Under Armour.

28. Brush Your Teeth With Non Dominant Hand

Do as many little things in your everyday life with your non dominate hand in order to keep your implants even and dropping evenly. You do not realize how much you favor one side until it is too late and you spot unevenness in your implants.

29.  Stretch, Stretch Slowly

This was something I battled with:  stretching. After surgery and healing a bit, it is time to regain all your motion. Be gentle with yourself, but make yourself stretch. Find the stretches that work for you and make your chest feel loose and your lungs feel open. Stretch daily and breath deep.

30. Rub Your Implants

Rub your implants daily. This may get old after awhile, but this is the best way to get your implants to settle and get the recovery time to speed by. Increasing the blood flow to your chest is exactly what it needs right now and moving those implants around is what helps them drop. Also, it is a great activity to have someone special do. Once again it must be someone you are comfortable with because it is not all glamorous and fun after the first time. Some people like their feet rubbed, I like my breast implants rubbed.

31. Be Ambidextrous

I cannot overstate how important it is to be aware of how often you are moving/using each arm and to make sure the use is even. After surgery your chest muscles are vulnerable. Try not to over use one hand or the other because your arms are connected directly to your chest. The chain reaction will get you faster than you can imagine, especially in a pain medicated mind.

32. Some Old Sports Bras Still Fit

Wait till after surgery to go crazy and throw out all your old bras. Some sports bras will still fit after the swelling goes down. These are great to sleep in: Something comfortable and thin yet a little support and direction for the new additions. Doubling up on sports bras after surgery helps with support and warmth. Never before breast augmentation surgery did I understand how stretchy sports bras are really made to be.

33. Coconut Oil

As you already knew the solution to everything is coconut oil. In this case, it really is a great precaution for scars and infection at the same time. After your stitches are removed put a liberal amount on your scars to ensure they heal after showering(once or twice daily). I applied coconut oil to my scars after I got out of the shower. This eased my mind about infection, helped with healing of the incisions, and it is great to use before massaging implants. Basically coconut oil is a must during recovering from breast augmentation surgery.

34. Hot Towels

When your chest muscles start to feel tight, take a wet hand towel and put it in the microwave for one or two minutes(add eucalyptus oil to make it more of a spa like experience). Apply the warm towel to your chest gently until it cools or desired result. As the warmth gets into your muscles you can feel your chest opening up and the tension easing. Enjoy your chest muscles relaxing instantly. This is also a great opportunity to massage your implants while your muscles are more relaxed. A quick recovery is all about multitasking!

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