

# Recovery Needs Checklist

This checklist will help you make sure you have the help and supplies you need to keep yourself and your family safe, comfortable, and sane while you recovery after plastic surgery.



**GRANITE BAY**  
cosmetic surgery

<b>My Support Crew</b>	<b>Name</b>
Who will drive me to and home from my procedure?	
Who will stay with me during the first 24-48 hours?	
Around-the-clock childcare help for my initial recovery (1 to 2 weeks)	
Who's in charge of pet care (if necessary)?	

<b>Prepping the house &amp; taking care of business (1 to 2 weeks before surgery)</b>	<b>Got it!</b>
I've put in for vacation/sick time at work	
I am no longer using meds/herbs/foods on my "Items to Avoid Before Surgery" list	
The house is clean (bedroom, kitchen & bathroom top priorities)	
Bills are paid up, lawn is mowed, etc.	
My calendar is clear for the time I'll need to rest at home	
I have an appointment to get my hair done 2 to 3 days before surgery (optional)	

<b>Stuff I'll need to help with recovery</b>	<b>Got it!</b>		<b>Got it!</b>
Extra pillows for the bed		Bendy straws	
Loose, button down shirts & PJ's		Miscellaneous items per Dr. Clark:	
Loose, drawstring sweats (for tummy tuck)			
Books & magazines			
Disposable plates & utensils			

<b>Up to 1 week before surgery</b>	<b>Got it!</b>	<b>The day before/day of surgery</b>	<b>Got it!</b>
Fill prescriptions for post-op meds		Confirmed time to arrive at surgery center	
Meals are prepped or planned for the first few days after surgery		NO FOOD OR DRINK AFTER ___AM/PM THE DAY BEFORE/OF SURGERY	
Frequently used items (cups, toothbrush, etc.) placed at waist level for easy access		I've showered and removed makeup as instructed	
I'm drinking plenty of water		My bed is set up for me after surgery	