

Post-Op Journal

Gender: male female **Ht** _____ **Wt** _____ **SmartLipo Areas:** #1 #2 #3 #4 _____

Day of Surgery: _____ **Time of Surgery:** _____ **AM/PM**

Work Performed (check all that apply):

<input type="checkbox"/> face	<input type="checkbox"/> upper abdomen	<input type="checkbox"/> buttocks
<input type="checkbox"/> under chin	<input type="checkbox"/> lower abdomen	<input type="checkbox"/> anterior thigh (front)
<input type="checkbox"/> breasts	<input type="checkbox"/> lower back fat	<input type="checkbox"/> posterior thigh (back)
<input type="checkbox"/> bra-fat	<input type="checkbox"/> iliac crest (upper hips)	<input type="checkbox"/> inner thighs
<input type="checkbox"/> upper arms	<input type="checkbox"/> saddle bags	<input type="checkbox"/> above knees or inner knees
<input type="checkbox"/> fore-arms		<input type="checkbox"/> calves

other _____

Daily Progress:

When applicable, on a scale of one to five (1 - 5) rate your experience or level for that day.
 1 = little to none, and 5 = great or extreme.

If you are in great pain you would check, "5" -- if you are in little to no pain, you would choose "1."
 Where applicable describe what you are feeling for that day.

Day One; Date: _____

- Level of Discomfort** 1 2 3 4 5
Comments:

- Did you take any pain medications today?** yes no
- Do you have a headache?** yes no
- What is your level of bruising?** 1 2 3 4 5
Comments: (please describe bruising and placement of bruises)

Pre-Op Measurements	Today's Measurements

SMARTLIPO INSTRUCTIONS

BEFORE SURGERY

- 1) Have CBC and PT/PTT blood tests completed 2 wks prior to surgery.
- 2) Have prescriptions filled and start taking the antibiotic 2 days prior to surgery.
- 3) Arrange for transportation to and from the office the day of surgery. You should NOT drive yourself after surgery.
- 4) No aspirin, aspirin – containing medication or Motrin, Advil, or alcoholic beverages for one week before or after surgery.
- 5) Drink large amounts of fluids (1-2 quarts of water per day) for one week before surgery.

DAY OF SURGERY

BE SURE TO EAT A REGULAR BREAKFAST THE MORNING OF SURGERY.

Do not come to the office with an empty stomach. Expect to be in the office for 3-4 hours.

AFTER SURGERY

- 1) BED REST IS HELPFUL FOR AT LEAST ONE FULL DAY, after which you may be up and around. As there may be drainage through the dressings, consider purchasing a rubber sheet or shower curtain to protect your mattress.
- 2) Take the prescribed medication as indicated.
- 3) Keep absorbent dressing on for 24 hours, then remove and shower. Do not tub bathe for 2 weeks.
- 4) Wear garment for 24 hours per day the first week then 12 hours per day the second week (while awake). You may remove garment to shower.
- 5) Start gentle fingertip massage (light kneading motion) to operated areas on the 10th postoperative day for 10-20 minutes each area, 2 times daily for 3 weeks.
- 6) Exercise may be resumed on the 14th postoperative day.
- 7) If you develop constipation, stool softeners may be taken.

IF YOU HAD SMARTLIPO ON THE ABDOMEN

- 1) Start sit-ups (with knees bent) on the 14th day. Do as many as you can and increase by two each day (continue this for at least two months)
- 2) Continue massaging the abdomen 5-10 minutes twice daily for at least 3 months. It is expected that the abdomen will feel lumpy for 3-6 months (this is normal).

IF YOU HAD SMARTLIPO UNDER THE CHIN OR ARMS

Start gentle finger-tip massage on the 10th day (twice daily for 10 minutes). Lumpy feeling which can be felt but not seen will usually disappear in 3-4 weeks.

IF YOU HAD SMARTLIPO OF YOUR THIGHS

START THE FOLLOWING EXERCISE ON THE 14TH DAY

- 1) Classic thigh lightener (also good for buttocks): kneel, with back straight and palms on you thighs... Now, lean backward slowly, using thigh muscles. (Don't bend spine or tension in your legs will be transferred to back muscles instead.) Hold for a count of ten, and then slowly return to starting position. Repeat.
- 2) backs of thighs (a cellulite site) are helped by this exercise: lie down, weight on elbows. Now bring knee to chest and straighten leg (point toe), keeping it perpendicular to floor. Do five times with each leg.
- 3) Inner thighs can be firmed with a simple leg lift: lie propped on side, raise top leg as high as you can. Flex ankle (hard), point toe, lower leg.

IN CASE OF EMERGENCY CONTACT: (916) 984-3060 or (530) 888-8830 or (530) 889-5817 (24hr ans. svc.)

Pre-Op Shopping List

Of course not all of the below is needed - it is only provided for ideas and for general convenience. Many of you may have a majority of the below items. I have also added blank spaces for items that you may want or need that we have not thought of.

Pharmacy/Online:

1. Medications:
 - pain meds _____
 - antibiotics _____
 - anti-inflammatory _____
 - blood pressure (if applicable) _____
 - other _____
 - other _____
 - other _____

2. Pill Case
3. Med Time Chart of when to take your meds.
4. Birth Control meds - don't forget if you are taking birth control that some antibiotics can interfere so in the event that you do have relations, use another form of protection as well.
5. Dressings, gauze, Bacitracin
6. Hibiclens or antibacterial soap
7. Arnica Montana & Bromelain for bruising, www.cosmeticsurgeryshop.com
8. Over the counter (OTC) sleep meds or ask Dr. Rosio for a prescription
9. Thermometer
10. Mild stool softeners (like Colace) ask Dr. Rosio.
11. Moist Towelettes, Make-up remover towelettes
12. Oral Vitamin C
13. Support garment(s);
<http://www.beautysurg.com/index.html>
<https://www.contourmd.com/default.asp>
<http://designveronique.com/index.html>
14. OTC (over the counter) muscle relaxers (ask your doctor first!)
15. Hand moisturizer
16. Boxes of Kleenex

Grocery Store:

- 1. Bottled water, electrolyte or energy drinks (ask your doctor if these are okay)
- 2. Quick/easy preparation meals
- 3. Fruit
- 4. Healthy snacks (whole grain crackers, pre-cut vegetables)
- 5. Other: _____
- 6. Other: _____
- 7. Other: _____

Department Store or Other:

- 1. LOTS of fluffy pillows
- 2. Old towels to avoid stained linen from the tumescent fluid, Betadine or blood
- 3. Whistle, walkie-talkie or an intercom system
- 4. Camera
- 5. Film or disposable camera
- 6. Journal
- 7. Ink pens
- 8. Support garment(s) if not gotten online
- 9. Gameboy or a Playstation/Nintendo
- 10. Fresh batteries for remote, Gameboy, Discman, booklight, phone, etc.
- 11. Pj's, robe, or oversized, comfortable shirts that buttons in the front
- 12. Pair of slippers (or several pair of thick socks)
- 13. Hand mirror
- 14. Hair "scrunchies" (if applicable)
- 15. Music CD's (or MP3 player)
- 16. Body pillow(s)
- 17. Flash light or nightlight for late night bathroom trips
- 18. Answering machine (or borrow friend's)
- 19. Lap top with long phone cord (or borrow friend's)

- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____

MEDICATIONS TO AVOID

A

Aches-N-Pains, Actifed, Acuprin, Addaprin, Adprin - B Tablets, Adult Analgesic Pain Relievers, Advil, AK Spore - HC, Alka Seltzer, All Arthritis Medicines, Allergy Relief Medicines (A.R.M.), Alpha Omega (fish oil), Aluprin, Aleve, Amigesic Capsules, Amitriptyline, Anacin, Anacin Arthritis/P, Ansaid Tablets (generic brand of Ansaid is Flurbiprofen), Anodynos Tablets, Analval, Anaprox, Anaprox-DS, Anaproxen, Anaproxen Anodynos, Ansaid, APAC Improved, APC, Argesic Tablets, Arthra-G, Arthralgen Tablets, Arthritis Pain Formula, Arthritis Strength Bufferin, Arthropan, Arthropan Liquid, As-caff, Ascodeen, Ascriptin, Ascriptin AID tablets, Ascriptin with Codeine Tablets, ALL ASCRIPTIN PRODUCTS, Aspir-lox, Asperi-mox, Aspirbuf, Aspercine, Aspergum, Aspirin (of any kind), Aspirin Suppositories, Aspirin with Codeine, ASpirTab, Asprimox Tablets, Asproject, A.S.A. Tablets, A.S.A. Enseals, Axotal, Azdone Tablets

B

B-A-C Tablets, Bayer Aspirin, Bayer Children's Aspirin Tablets, Bayer Children's Cold Tablets, Bayer Timed-Release Aspirin Tablets, Bayer Select Pain Formula, BC Powder/Tablets, Bilberry Tablets, Brufen, Buf Tab, Buff-A-Comp, Buff-A Comp No.3 Tablets with codeine, Buffaprin, Buffasal, Bufferin, Bufferin 37%, Bufferin Arth, Bufferin X/S Butalbit, Buffets II, Buffex, Buffinol, Buopion, Buopion HCL, Butazolidin

C

C-Advil Cama, Cama Arthritis Pain Reliever, Cama Inlay Tabs, CataFlam Tablets, Carisoprodol Compound Tablets, Cayenne, Cephalgesic, Cheracol Tablets, Children's Advil Suspension, Children's Aspirin, Children's Motrin Suspension, Chromium, Chromium Picolinate, Claritin, Clinoril, Concerta (for ADD/ADHD), Congespirin, Contac, Cope, Coricidin Tablets, Coricidin "D" Decongestant Tablets, Coricidin, Coricidin Demilets Tablets for Children, Coricidin Mediets Tablets for Children, Coumadin

D

Damason-P, Darvon, Darvon with ASA, Darvon Compound, Darvon Compound-65, Darvon w/Apsirin, Darvon-N with Apsirin, Dasin, Dipryridamole, Disalcid, Diurex, Doan's, Dolcn, Dolobid, Dolphirn #3 Tablets, Drinopehn, Dristan, Dristan Sinus, Duoprin-S Syrup, Duradyne Tablets

E

Vitamin E, E-aspirin, Easprin EC, Echinacea, Ecolrin, Ecotrin Tablets, EFFEXOR® XR, Elavil, Emagrin, Empirin, Empirin with Codeine, Emprazil, Endodan Tablets, Epromate Tablets, Equagesic, Equazine-M, Excedrin, EFFEXOR® XR (venlafaxine HCl) Extended-Release, ExPrazi

F

Feldene, Fenoprofen Tablets, Feverfew, Fiogesic Tablets, Fioricett, Fiorinal, Fiorinal with Codeine, Florgen PF, Fluoxetine, Flurbiprofen Tablets, 4 Way Cold Tablets

G

garlic (*allium sativum*) tabs & do not eat garlic excessively (some say not at all - but if you accidentally get some or have a little garlic toast, I am sure it's okay, it's more for garlic tablets), Genaced, Genacote, Gelpirin Tablets, Genprin, Gensan, Ghemnisym, Gingko, Ginbko Biloba, Gennin, Ginger, Gingko, Ginkobiloba, GNP aspirin, Goody's Headache Powder, Goody-s Extra Strength

H - Halfprin Tablets, Haltran, Heparin, Hydroxycut

I

IBU, IBU-Tab, Ibuprofen, Ibuprin, Ibuprohm, Indocin, Indochron E-R Capsules, Indomethacin Caspules, Indomethacin Suspension, Infantol Pill, Isollyl Improved Tablets & Capsules

J - none available

K - Ketoprofen Capsules

L - Lanorinal, Licorice Root, Lodine, Lortab ASA

M

MAO inhibitors (although many patients undergo surgery while still on their MAO inhibitors, please alert your anesthesiologist), Magan, Magnaprin, Magnasprin, Magsal, Marnal, Marthritic Tablets, Maximum Bayer Aspirin, Measurin, Meclomen, MecloFenamate Capsules, Medigistic-Plus, Medipren, Meditren, Melatonin, Menadol, Meprogesic Q, Micraninin, Midol/Midol 200, Midol Original, Midol PMS, Mobidin, Moblgesic, Momentum Back Ache Formula, Monogesic, Motrin, Motrin IB, Multi-Vitamin

N

Nalfon, Nardil, Nardilzine, Naprosyn, Neomycin, Neogesic, Norgesic, Norgesic Forte, Norwich Extra Strength Aspirin, Nov-naproxen, Nuprin, NyQuil/NyQuil P.M.

O - Orphenagesic, Orphenagesic Forte, Orudis, Oruvail Capsules, Oxycodine, Oxycodone

P

P-A-C, Pabalate-SF, Pabrin, Pacaps, Pain Reliever Tablets, Pamprin-IB, Panalgesic, Panodynes, Papaya, PediaProfen, Pedrazil, Percodan, Percodan Demi Tabs, Persantin, Persisrin, Persistin, PetoBismol, Phenaphen, Phenetron Compound, Piroxicam Capsules, Polymyxin, Ponstel Capsules, Presalin, Propoxyphene Compound, Propoxyphene Napsylate with Aspirin, Prozac

Q

Quagesic, Quiet World Analgesic (sleeping aid), Quinine

R

Relafen Tablets, Rexolate, Rhinex, Robaxin, Robasisal, Roxiprin Tablets, Rufin, Robaxisal

S

S-A-C, Salabuff, Salatin. Saleto, Saleto 200, Saleto-400,600,800 Tablets, Salflex, Salicylamide, Salocol, Salsalate, Salsitab, Serzone, Sign Off Sinus Tablets, Sine Aid, Sine Off, SK-65 Compound Capsules, Soma Compound, Soma Compound with Codeine, St. Joh'ns Wort, St. Josephs Aspirin, St. Joseph Cold Tablets (for children), Stanback Analgesic, Stanback Powder, Sudafed, Sulindac Tablets, Supac, Synalagos Capsules, Synalagos-DC Capsules

T

Talwin Compound, Tenol-Plus, Tolectin 200,600 Tablets, Tolectin DS Capsules, Tolmetin Tablets/Capsules, Toradol Injection/Tablets, Tr-Pain Tablets, Trilisate Tablets and Liquid, Trendar, Trental, Triaminicin Tablets, Tricosal tablets, Tri-Pain, Trigesic, Trilisate, Tusal

U

Ultrapin, Unipro, Ursinos Inlay Tablets

V

Valesin, Valtrex, Vanquish, Verin, Viro-Med Tablets, Vivarin, Voltaren

W

Warafin (Coumadin), Wellbutrin, Wesprin Buffered

X - none available

Y - Yohimbe, Yohimbine

Z - Zactrin, (Zolof has anti-coagulant properties so just advise your anesthesiologist if you take it) Zorprin, Zyban

Plus any other aspirin containing medication, be it natural, prescription or over the counter. Alert your doctor of any medications or supplements you may be taking. Even natural supplements have their risks. Read below...

Other Supplements and Herbal Remedies **Not** to Ingest & Why...

I know many of you may take herbal supplements and some are good but MANY are contraindicated with anesthesia or surgery in general. Some reasons why you may not wish to disclose your herbal consumption information to your DermaSurgeon or anesthesiologist may be because you believe that since these supplements are over the counter (OTC) they must be safe to use. This isn't true - many of these are contraindicated and can severely hurt you when used in conjunction with anesthesia, other medications or while undergoing surgery. You may also think that because these products are safe - Most medications, supplements, dangerous drugs and poisons ARE MADE FROM PLANTS. So please remember this. You may also think that telling your DermaSurgeon or anesthesiologist would be embarrassing - especially if you shouldn't be taking them, if you are taking them for weight loss, increase your sexual stamina, for acne or for depression. This is your life - don't mess around! There is nothing embarrassing about any of this.

- **Vitamin E** is the number one no-no. It has anti-platelet properties and inhibits vital clot formation. Please cease consuming Vitamin E at least 2-3 weeks prior to any surgery and for 2-3 weeks afterwards unless specifically instructed by Dr. Rosio.
- **Garlic** (*allium sativum*), **Ginger**, **Alfalfa**, **Cayenne**, **Papaya**, **Feverfew**, **Chamomile**, **Dong Quai root**, **Willow bark**, **Goldenseal**, **Guarana**, **Horse Chestnut** and **Bilberry** Tablets/Supplements, have anti-platelet properties and may inhibit vital clot formation. These medications are normally taken to remedy *edema* (fluid retention).
- **Gingko**, **Gingko biloba**, & **Selenium** are powerful anti-coagulants. It is considered to be 3 times stronger than Vitamin E, which should also be avoided.
- **Ginseng** may cause rapid heartbeat/and or high blood pressure in some individuals as well as coagulation disruption.
- **St. John's Wort**, **Yohimbe**, ("The natural Viagra®") and **Licorice root** have a mild *monoamine oxidase* (MAO) inhibitory effect and may intensify the effects of anesthesia. (*note some well known and popular anti-depressants are MAO inhibitors, disclose any and all medications you are taking - your life may depend on it!)
- **Melatonin** decreases the amount of anesthesia needed for surgery.
- **Kava Kava**, **Hawthorn**, **Lemon verbena**, **Muwort**, **Lavender** and **Valerian/Valerian Root**: (taken to promote relaxation and sleep) have tranquilizing properties and should *not* be combined with other sedative agents. **WARNING! Tell Dr. Rosio if you take any one of these.**
- **Echinacea** may have a severe impact on the liver when general anesthesia is used. Please advise Dr. Rosio of all medications and supplements and alert him to the possible effects of herbal supplements and remedies, he may not be aware of the contraindications. it also has some coagulation disruption properties.
- **Ma Huang (aka Ephedra)**, : (used by many for weight loss and is a major component of most weight loss supplements) **has been associated with more than 800 adverse health effects including DEATH.** It is an amphetamine-like compound with the potential for stimulating the central nervous system and heart. **WARNING! we strongly discourage the use of this supplement in any form.** *In large doses ephedrine causes nervousness, headaches, insomnia, dizziness, palpitations, skin flushing, tingling and vomiting (Lawrence Review, 1989). The Handbook of Nonprescription Drugs notes that "The principal adverse effects of ephedrine are CNS stimulation, nausea, tremors, tachycardia [rapid heartbeat], and urinary retention."* (APhA 1986).
- **Gotu Kola** has a stimulant effect as well.
- **Ackee fruit** as well as, **Alfalfa**, **Aloe**, **Argimony**, **Barley**, **Bitter melon**, **Burdock root**, **Carrot oil**, **Chromium**, **Coriander**, **Dandelion root**, **Devil's club**, **Eucalyptus**, **Fenugreek seeds**, **Fo-ti**, **Garlic tabs** or large amounts of **Garlic**, **Ginseng**, **Grape seed**, **Guayusa**, **Gmena**, **Juniper**, **Nem seed oil**, **Large amounts of Onions**, **Periwinkle**, **Yellow root** alter the blood glucose level.

Special Medication Alerts!

DRUG INTERACTIONS: Before using any medication, tell your doctor or pharmacist of all prescription and nonprescription/herbal products you may use, especially of: beta-blocker drugs (e.g., [metoprolol](#), [propranolol](#)), [cyclobenzaprine](#), other drugs which can slow the heart rate (e.g., [digoxin](#), [calcium channel blockers](#), guanethidine), MAO inhibitors (e.g., furazolidone, linezolid, moclobemide, phenelzine, procarbazine, selegiline, isocarboxazid, tranylcypromine), tricyclic antidepressants (e.g., [amitriptyline](#), [desipramine](#)). Check the labels on all your medicines (e.g., cough-and-cold products, diet aids, [nonsteroidal anti-inflammatory drugs](#) - NSAIDs for pain/fever reduction) because they may contain ingredients that could increase your blood pressure. Many cough-and-cold products may also contain ingredients that cause drowsiness. Ask your pharmacist about the safe use of those products. Tell your doctor or pharmacist if you also take drugs that cause drowsiness such as: antihistamines (e.g., [diphenhydramine](#)), anti-anxiety drugs (e.g., [diazepam](#)), anti-seizure drugs (e.g., [carbamazepine](#), phenobarbital), medicine for [sleep](#) (e.g., sedatives), muscle relaxants, narcotic pain relievers (e.g., [codeine](#)), psychiatric medicines (e.g., phenothiazines such as chlorpromazine), tranquilizers. Do not start or stop any medicine without doctor or pharmacist approval.

Diet Pills, Fat Loss Supplements & Stackers: Please, Please, Please! Stop taking these pills at least 2 weeks before surgery. Many of these pills contain anticoagulants and can seriously impede your body's ability to clot sufficiently resulting in bleeding.

Post-OP READY YOUR HOUSE

1. ___ Clean your house - or have it cleaned
2. ___ Unless you are lucky and have a significant other that can cook, shop for recovery food and treats like pudding, Jell-O, frozen dinners; or cook your own and freeze it.
3. ___ Take out the trash, recyclables, etc. so you don't have to worry about it
4. ___ Have all of your laundry taken care of
5. ___ Make a "Honey Do" list (bills, thermostat settings, errands, whatever). Sometimes our significant others can be quite helpless without us
6. ___ Purchase all of your medications, Vitamin C and dressings beforehand in case your pharmacy is in short supply.
7. ___ Place all medications either in a weekly pill "case" or in labeled containers, by day and time if need be.
8. ___ Have lots of movies, books, magazines or videogames on hand.
9. ___ A laptop is an awesome thing to have during recovery - have computer batteries/AC adaptors on hand
10. ___ If no lap top, maybe a Gameboy or a Playstation/Nintendo set up near you - you will get bored.
11. ___ Have someone watch your dog, cat, children, pet rock, whatever.
12. ___ If you can't have them cared for, tend to their needs beforehand, i.e. put cans of food on the counter with the can opener so you don't have to reach for it. Change the litter box as well. You don't want to expose yourself to these germs!
13. ___ Have lots of fluffy pillows on hand
14. ___ A comfortable recliner is a *good* thing, if not the bed is perfectly fine.
15. ___ A nightstand with all of your medications, ample light, bottled water, a few packages of crackers, remote control (with new batteries!) & the phone (fully charged!)
16. ___ Have a nightlight set up so you don't fall during late night bathroom trips.
17. ___ Extra blankets, the tumescent fluid can give you the "chills" after surgery
18. ___ Have old or dark towels to place under your body to prohibit staining from the tumescent fluid, Betadine and blood which may leak from your incisions.
19. ___ A heating pad, hot water bottle or microwaveable pack is great for a sore back.
20. ___ A "go-fer" - a significant other or an older child will suffice
21. ___ Have some crackers, Cheeze-its or Goldfish to help alleviate nausea - especially on the way home - bring a bottle of water to for the ride home (although nausea is unlikely since you are not having general anesthesia).
22. ___ Place anything you may need at hip level. This means canned and dry goods in the kitchen and toiletries in the bathroom.
23. ___ Have your trusty robe and slippers (or several pair of thick socks) nearby
24. ___ Have a few comfortable oversized shirts that open from the front on hand, as well as some loose sweat pants or pajama bottoms.
25. ___ If you have long hair, a few "scrunchies" are great to put your hair back with to keep it out of your face, unknotted and out of the way.
26. ___ Have a good moisturizer on hand - a must!
27. ___ A box of Kleenex is great to have on hand, especially if you get all emotional from your meds or the anesthesia.
28. ___ Make time for yourself before your surgery; pour a bath, light some candles, listen to some music - relax. Try to gather your thoughts and soothe your mind.
29. ___ The day before and morning of your procedure you will be asked to wash with Dial antibacterial or *Hibiclens* soap to help rid your body of its naturally occurring *Staph* on the skin's surface - you *don't* want a *Staph* infection!
30. ___ Remove any fingernail and toenail polish.
31. ___ Talk to your spouse about any concerns that you may have, they may have some insights or questions you haven't thought of - and they may be experiencing pre-op anxiety as well.

32. ___ Ask Dr. Rosio for valium or ask if you may take an over the counter sleeping medication. These may help with tense muscles and tense minds.
33. ___ "Black out" your windows so that when you *do* get to sleep - regardless of the hours - you can *stay* asleep.
34. ___ If you think television, video games and reading are eventually going to bore you or stress your eyes - have a Discman (or walkman) on hand with your favorite relaxing CD's.
35. ___ Have fresh film or a disposable "post-op photo" camera on hand. Especially if you are considering documenting your procedure online (on a personal site or a SmartLipo site like this one)
36. ___ Have your journal and a few fresh, fully inked pens ready if you are wanting to document your post-operative thoughts in writing. Or if you are like me it is easier to type it into that lap top or speak it into a miniature recorder. Remember fresh batteries!
37. ___ Just in case the lights go out, have a flash light on your nightstand.
38. ___ Place nightlights to light your way to the bathroom (or have a flashlight on hand) should the need arise during the night (and it will, especially the first night).
39. ___ If you don't have a laptop and you have online friends who are dying to hear from you - have your significant other or friend "post" or email them with your recovery news. We worry, okay? Give them a list of the addresses and URLs
40. ___ Have an answering machine connected to the phone next to your recovery area. Getting woken up when you *just* got to sleep is so annoying. Don't forget to turn down the sound and turn off the ringer.
41. ___ Although it is very difficult to do, try not to try on old clothes to see how small you are now. But remember when you do break down and peek or try on clothes, your body changes every day so don't get discouraged. You are swollen - realize it!
42. ___ Take post-operative photos if you are opting to document your recovery.
43. ___ Last but not least, RELAX. If you are super stressed out it can really affect your recovery. Try to remember that you will heal, you will be less sore and that you are going to look great! Just be patient.

Notes:
