

## What I *Need* for Surgery

\_\_\_\_\_ **Breast Augmentation, Lift, or Revision:**

A Sports Bra or Surgical Bra that fastens in the front or back that fits comfortably now, DO NOT purchase a predicted size; Please do not get a pullover bra

\_\_\_\_\_ **Breast Reduction:**

A Sports Bra or Surgical Bra that fastens in the front or back one size smaller than you what you currently wear; Please do not get a pullover bra

\_\_\_\_\_ **Abdominoplasty with Liposuction to the Hips or Belt Lipectomy:**

A Garment or Girdle that covers the entire torso, or an Abdominal Binder

\_\_\_\_\_ **Abdominoplasty with Liposuction to the Hips, the Inner Thighs, Outer Thighs, or Lower Leg:**

A Garment or Girdle that covers the entire torso and ends below the knee

\_\_\_\_\_ **Thigh Lift:**

A Garment or Girdle that covers the thighs and ends above or below the knee

\_\_\_\_\_ **Liposuction of the Abdomen, Trunk, Flanks, Hips, or Chest:**

An Abdominal Binder or Compression Vest

\_\_\_\_\_ **Liposuction of the Thighs or Lower Extremities:**

A Garment or Girdle that covers the thighs and ends either above or below the knee

\_\_\_\_\_ **Brachioplasty or Liposuction of the Arms:**

A Compression Sleeves Garment, with or without an attached Bra

\_\_\_\_\_ **Combined Procedures\***

A Garment that covers all the areas, or separate items for each area

\* Please note that when having **combined procedures** such as a Breast surgery with a Body surgery, there are one-piece garments available. For example, you can find a Girdle that covers the abdomen and also has built-in bra for the breasts, similar to one-piece swimsuit. There are also Garments that include the lower body as well as the upper body, similar to a full piece bodysuit. Just be sure to look and find the best garment for your situation.

## *Optional* Items for Surgery

\_\_\_\_\_ **Rapid Recovery Kit**

Patients have reported less pain, swelling, and bruising with these specific vitamins and supplements

\_\_\_\_\_ **Procedure Pack, specific to your surgery:** \_\_\_\_\_

Walmart, Target, Academy, and most Department stores generally have sports bras that fasten in the front. For surgical garments and bras, you can visit local specialty stores, or search online on any site that offers these items. You can also go directly to [www.CosmeticSurgeryStuff.com](http://www.CosmeticSurgeryStuff.com) to get any of the items listed.