



BEFORE OPERATION

Every doctor has different requirements — make sure you know your pre-operative instructions thoroughly.

BEFORE LEAVING FOR THE CLINIC

- ☐ Read your pre-operative instructions one last time
- ☐ Set up your sleeping area in a semi-reclined position
- ☐ Prepare everything to be within easy reach (cups, plates, toiletries, medications)
- ☐ Prepare medications recommended by your doctor
- ☐ Remove jewelry, nail gel, take off eyelash extensions (if required by the clinic)
- ☐ Make sure you have a driver arranged for the return trip

LUGGAGE - WHAT TO PACK:

- ☐ Pre-operative test results and documents
- ☐ Robe, slippers, a zip-up hoodie and loose/non-tight pants or leggings
- ☐ Toothbrush and toothpaste
- ☐ Skin care

YOUR COMFORT

- ☐ Prepare a water bottle with a straw / small water bottle (300 ml)
- ☐ Charge your phone + bring a charger (preferably with a long cable)
- ☐ Soft, light snacks
- ☐ Prepare a playlist / list of movies to watch
- ☐ Stress won't help — you've chosen your doctor and your target size, now it's the doctor's turn
- ☐ _____
- ☐ _____
- ☐ _____

Every surgery is different — always follow your doctor's instructions.
You're not alone.



— PRACTICAL GUIDE —

I changed my size O to D my story *step by step*



Photos from every week
of how my breasts changed
over the first 3 months



How post-op care
really looks



Where I looked for
information



Contact with
the clinic



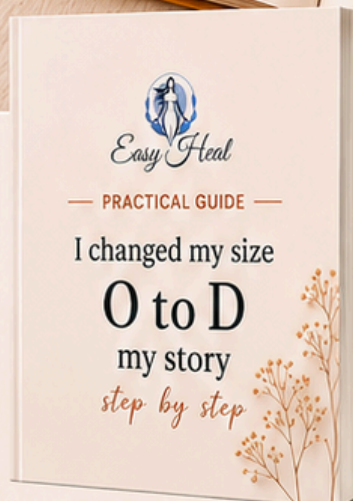
I created this ebook –
the one I wish
I had before my surgery



*You are
not alone.*
♡

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and prepare with confidence.



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