You may experience some pain and have difficulty moving while you recover from breast surgery. Before your surgery, try these tips to make your home comfortable for recovery:

- Get a comfortable chair, with a straight back and arms. These are easier to get in and out of. If you don’t already have one, ask friends and family if they have one you can borrow.

- Have a lap or TV tray handy so you can eat at your chair if sitting at the table is uncomfortable.

- Buy any over-the-counter medicines your doctor recommends ahead of time and keep them near your recovery space.

- Keep straws handy for sipping drinks while reclined.

- Choose a spot that is pleasant, near sunlight and where a caregiver can be nearby.

- Have a table you can reach from your chair for items you need throughout the day. Try to limit the number of times you have to get up.

- Other things I want to prepare at home: _____________________________________________________________
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