



## Breast Surgery: Preparing Your Home for Recovery

You may experience some pain and have difficulty moving while you recover from breast surgery. Before your surgery, try these tips 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: \_\_\_\_\_