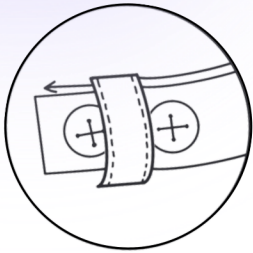
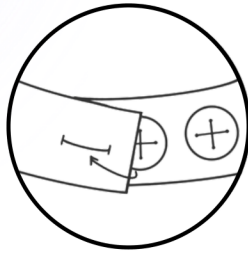


HOW TO USE

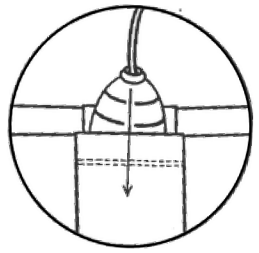
## DRAIN MANAGEMENT 2-POCKET BELT



Put the belt through the loops on each side.



Fasten the button where it's most comfortable.



Place the drains into their pouches and rest.

## — OUR TIPS —

Clear your calendar, recovery is more important. You can plan some fun activities for later anyway.

Take it easy and give your body a break. The less you move the faster you recover!

Pick out your new bras for post-drains. We recommend looking at Front Closure bras.

---

For more post-mastectomy and recovery tips visit [AnaOno.com](http://AnaOno.com)



### DRAIN MANAGEMENT CHART

DATE	TIME	RIGHT SIDE		LEFT SIDE	



We're here to help every step of the way. This chart can last you for one week, but not to worry, if you would like to download another copy, visit: [AnaOno.com/Recovery](https://AnaOno.com/Recovery)