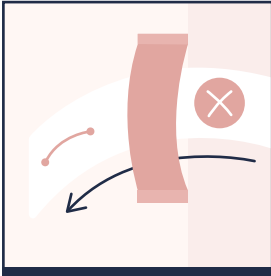


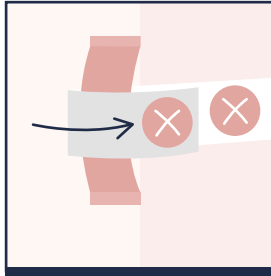
How to Use

YOUR MIENA ROBE

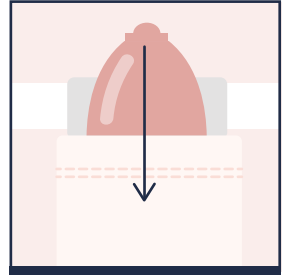
drain management belt



Put the **belt** through **loops** on each side.



Fasten the button where it's most comfortable.



Place the **drains** into their **pouches** and rest comfortably.

OUR TIPS

- 1 Clear your calendar, recovery is more important. You can plan some fun activities for later anyway.
- 2 Take it easy and give your body a break. The less you move the faster you recover!
- 3 Pick out your new bras for post-drains. You might want to look at the Front Closure, just saying.
- 4 Schedule a blow-out to treat yourself – you know you deserve it.

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

