



RECOVERING
FROM A
BBL

TOTE BAG MUST HAVE
RECOVERY ITEMS
LIVE YOUTUBE CLASS

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HELLO!

Thank you so much for joining my live class.
In this PDF you will find information about the essentials
items that you must buy before and after surgery.

Preparing a tote bag for your caregiver to carry with all the things you need after surgery is incredibly important for several reasons. Firstly, it ensures that you have easy access to essential items during your recovery period, saving you from unnecessary discomfort and inconvenience.

Having items such as medications, water bottles, snacks, and personal hygiene products readily available can help alleviate any discomfort or anxiety that may arise post-surgery. It lightens the load on your caregiver, allowing them to focus on providing you with the necessary support and assistance. By organizing everything you need in a convenient tote bag, your caregiver can locate items quickly and efficiently, enabling them to devote more time and attention to your care.

Preparing a tote bag for your caregiver ensures comfort, reduces caregiver burden, and promotes a sense of independence, making it a crucial step in the post-surgery preparation.

These are the items that you will need to have in your tote bag:

- **Ogee Faja:** To provide support and help with healing after the surgery.
- **Loose clothing:** Comfortable outfits that won't put pressure on the newly enhanced area.
- **Foams**

- **Boards**
- **Compression socks:** Boosts circulation and decreases swelling after surgery.
- **Pedialyte**
- **Pain medication:** Prescribed painkillers or over-the-counter pain relievers for post-operative discomfort.
- **Blue pads:** To place on your car seat or furniture to protect them from possible leakage.
- **Disposable gloves:** (non-sterile).
- **Antibacterial wipes:** To keep your hands and the surgical area clean.
- **Shewee device:** This device can be put right into the open crotch of your garment for ease of bathroom use.
- **Water bottle:** Stay hydrated throughout the recovery process.
- **Healthy snacks:** Nourishing snacks to keep your energy levels up.

- **Entertainment:** Books, magazines, or a tablet loaded with movies or shows to keep you entertained during recovery.
- **Hair scrunchies**
- **Iron, Folate, Vitamin C**
- **Cellphone and charger**
- **Neck pillow:** For comfortable sleep, as you may need to avoid lying on your back or directly on your buttocks.
- **BBL pillow**
- **Emergency contact information:** Keep a list of important phone numbers, including your surgeon's contact details.
- **Personal documents:** Such as identification and credit card.
- **Roller:** To massage your skin, anywhere, anytime.
- **Ogee Recovery Protocol**