

PREPARING FOR YOUR RECOVERY

When you're preparing for cosmetic surgery, you'll also be preparing for your recovery. This checklist will help you organize your support team, get yourself and your family ready for your procedure, and set up your living space for a smooth, comfortable and relaxing recovery.

My Care & Support Team	Name(s)
This person/service will drive me to and home from my procedure:	
Person(s) to stay with me during the first 24 hours:	
My childcare helpers for the 1 to 2 weeks after surgery (if applicable):	
Additional people I can call on for support (pet care, errands, etc.):	

Getting your home ready & body ready for recovery (finish this list at least 2 weeks pre-op)	Done
Schedule time off with my job (Our staff will help you determine how much time to take)	
Discontinue medications, herbs or supplements as instructed (2 weeks pre-op minimum)	
Clean and organize my home/apartment	
Minimize potential stressors after surgery (pay bills, pre-cook & freeze meals, reschedule standing appointments, etc.)	
Book accommodations in Las Vegas for recovery (if applicable, see our Out of Town Patient Guide for recommendations)	

Up to 1 week before surgery	Done	The day before/day of surgery	Done
Fill prescriptions for post-op meds		Confirm time to arrive at surgery center	
Place frequently used items (cups, toothbrush, etc.) at waist level for easy access		NO FOOD OR DRINK AFTER ___AM/PM THE DAY BEFORE/OF SURGERY	
Stay hydrated and eat healthy meals		Shower and remove makeup and jewelry as instructed	

Clothing & items for a more comfortable, pleasant recovery			
Extra pillows for the bed		Bendable straws	
Loose, button-down tops		Disposable plates & utensils	
Loose, drawstring sweats (for tummy tuck)		Additional items per Dr. Pancholi:	
Books, movies and podcast downloads			