



Your Mommy Makeover Checklist

Here's Dr. Katerina Gallus' mommy makeover checklist to help you enjoy a smooth recovery and the best results possible.

Pre-surgery preparation

- Medications:** Pick up the medications Dr. Gallus prescribes, such as pain relievers, antibiotics, and others specific to you and your procedure.
- Comfortable clothing:** Prepare loose tops that zip or button up the front, as well as bottoms with a soft waistband that won't put pressure on your tummy tuck incision.
- Compression garments:** These ensure your new contours and healing tissues are supported. You'll need to wear them day and night (except when showering) until Dr. Gallus advises you otherwise.
- Meal prep:** It's a good idea to prepare and freeze high-protein, low-sodium meals ahead of time to fuel your recovery without having to cook after surgery!
- Recovery space:** Create a comfortable area in your home where you can rest. You'll be asked to sleep on your back in a slightly elevated position, so situate your recovery cocoon before surgery to ensure it supports your body comfortably when you get home.
- Help and support:** You'll need to have your partner, family member, or friend help you, especially during the first week of recovery. If you have young children (or even pets) at home, you may need help for 2+ weeks. You will not be able to lift anything over 5-10 lbs for 4-6 weeks, until Dr. Gallus clears you.

Post-surgery mommy makeover supplies

- Water bottle:** Keep your water bottle filled and within easy reach to stay hydrated so your lymphatic system can flush the fluid buildup that causes swelling out of your system faster.
- Ice packs/heating pads:** A cold compress or heating pad can help ease discomfort and may reduce swelling and bruising. Remember to place ice packs and heating pads over your compression garments.
- Over-the-counter pain relievers:** You may want to have OTC pain relievers available once you no longer need prescription pain medication.
- Stool softeners:** To ease constipation brought on by pain medications and reduced activity, use a stool softener to help you gently eliminate.
- Wound care supplies:** Use a saline solution or mild soapy water to gently clean your incisions and a clean cloth to pat the area dry.
- Entertainment:** Catch up on your favorite shows, books, and magazines, or scroll guilt-free on your phone. Have whatever will keep you safely occupied within arm's reach.
- Scar care products:** Dr. Gallus will clear you to start using scar gels or silicone sheets to fade and flatten your scars once your incisions are healed enough.
- Sunscreen:** If your scars will be exposed to UV, wear a high-SPF, broad-spectrum sunscreen and reapply exactly as directed to prevent your scars from darkening.