

Shopping List For Hysterectomy Recovery

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1. **Get Lularoe brand leggings** to wear post-surgery. Many ladies love Lularoe and look amazing wearing their fashions. They're not my everyday jam, but post-surgery, they are the best thing ever! No elastic waistband to bother your incisions and soft like butta'!

—I learned this pre-surgery online and bought seven new leggings for \$5 each via the OfferUp app from a Lularoe consultant going out of business.

2. **Get a belly band**. While I don't wear this anymore, I thought it was the best thing ever the first-week post-surgery. Because of the size of my uterus, I lost 2 pounds in belly mass! However, my tummy still felt tender and jelly-like. The belly band firms you up and is excellent for walking support.

—I learned this pre-surgery online and wore it for about a week.

3. **Drink LOTS of water**. Water is good for 100 million reasons, including help with movement, flow and the c-word (constipation) after surgery!

—I learned this post-surgery when reading online reviews about my next tip.

4. **Get a stool softener.** —Learned this pre-surgery online, and it's true. I drank lots of water (see above tip) and only had to use these two or three days.

5. **Take ibuprofen.** It helps with swelling and obviously pain, but the side effect post-surgery is why you need tip number 4 and lots of water!

—My doc prescribed me ibuprofen, although I read online and had a friend tell me the same, that no one at the hospital told them to take ibuprofen post-surgery! They had to learn about it on their own after days of pain— Poor things!

6. **Get a heating pad.** Especially if you have an extra incision like me. I still sleep with my electric heating pad every night, as my doctor suggested I do.

—I learned this post-surgery. My doctor didn't tell me to use a heating pad until AFTER I came for that early post-surgery visit to his office!

7. **Nausea Pills.** **You may not be able to eat solid foods right away.** It was about five days after surgery before I could eat solid foods. I wanted them! But my body wouldn't hold 'em down. My doctor prescribed medication for nauseousness, but just like when I was pregnant, it didn't work for me!

—I learned this post-surgery in the hospital when even soup wouldn't stay down.

8. **Saltine crackers for the win!** These stayed down, so I would eat them before taking my ibuprofen. —Another post-surgery figure-out!

9. **Ginger ale is your friend.** Helps with nausea AND the release of any last gases from surgery trying to escape.

—Again, a post-surgery lesson learned.

10. **Get a massage.** I had a massage as my first outing two weeks after my hysterectomy. The masseuse had to modify my service because they can't have you lay on your stomach until after six weeks post-op. Still, it was the best thing ever, and I started to feel like I was on the mend!

11. **Walking phone pouch.** Walk— and I don't mean for miles and not even power-style. In weeks one and two, I would walk the deck in my back yard when I was letting out Prince George, my puppy. Walking helps the healing and loosening of the incisions.

—Walking is THE ONE THING that the hospital and doctor's office did tell me *pre-surgery*. Oh, and yes, to their credit, they did prescribe the ibuprofen, too!

12. **Wear supportive shoes** when you do go out. I've been wearing my comfy Birkenstocks everywhere from the porch to the doctor's office, and probably because they slip right on and also I keep them by the front door. Today I wore a pair of really flat sandals, and I felt the hard, concrete walk. While these sandals are a fave of mine and never felt this way before, I need supportive shoes for the time being.

—No-one told me this one either, but maybe it's a common-sense thing!