

MY LIPO 360 & BBL POST-OP *Guide*

My go-to items to keep yourself as comfortable as possible after your surgery. Most items on the list below can be found on Amazon.

Your Shopping List:

- Lipo Foams
- Ab Post Surgery Board
- Post Lipo Back Board
- Arnica Tablets
- Arnica Gel
- Arnica Tea
- Compression Socks
- BBL Pillow
- Female Urinal
- Slippers
- Fuzzy Socks (optional)
- Lumbar Back Support Pillow
- Disposable Underpads
- Adult Wet Wipes
- Mederma Gel
- Brazilian Butt Lift Toilet Seat
- Robe
- Dial Soap
- Hemaplex
- Manuka Honey Adhesive Pads
- Stool Softeners

