



LIVING BEYOND  
BREAST CANCER®

PHYSICAL CONCERNS



## Breast surgery: preparing your home for recovery

**You may experience some pain and have difficulty moving while you recover from breast surgery. Before your surgery, try these tips make your home comfortable for recovery:**

- Get a comfortable chair, with a straight back and arms. These are easier to get in and out of. If you don't already have one, ask friends and family if they have one you can borrow.
- Have a lap or TV tray handy so you can eat at your chair if sitting at the table is uncomfortable.
- Buy any over-the-counter medicines your doctor recommends ahead of time and keep them near your recovery space.
- Keep straws handy for sipping drinks while reclined.
- Choose a spot that is pleasant, near sunlight and where a caregiver can be nearby.
- Have a table you can reach from your chair for items you need throughout the day. Try to limit the number of times you have to get up.
- Other things I want to prepare at home: \_\_\_\_\_

Advisory support from Judith D. Ott, LCSW, a survivor

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