

ESSENTIALS FOR YOUR RECOVERY JOURNEY




2 Weeks Before Surgery – Planning & Paperwork

✓ VERIFY MEDICAL & SURGICAL DETAILS

- Confirm surgery date & time with your surgeon
- Request medical clearance if required
- Discuss medications to stop (blood thinners, herbal supplements, etc.)
- Take “before” photos if needed

✓ SECURE YOUR SUPPORT SYSTEM

- Confirm caregiver support (Aura' CareHaus or trusted loved one)
- Book your post-op recovery stay with Aura' CareHaus
- Add our contact to your phone:
 844-999-4287
- Make a list of emergency contacts

✓ ARRANGE TRANSPORTATION

- Schedule drop-off & pick-up for surgery day
- Confirm transportation for post-op appointments
- If booking with Aura' CareHaus, let us know your exact procedure time for seamless pickup

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What to Pack – Client Packing List for Recovery Stay

✓ PERSONAL ESSENTIALS

- 2–3 front-button pajamas or nightgowns (easy to remove)
- Compression garments (faja, abdominal board, foams)
- Non-slip socks or slippers
- Robe or lightweight wrap
- Extra underwear (high-waisted if lipo/BBL)
- Flip flops or easy shoes
- Phone charger (long cord recommended)
- Personal hygiene items (unscented wipes, mouthwash, deodorant)

✓ HEALTH & COMFORT

- Prescriptions & pain medications
- BBL pillow or wedge (if needed)
- Travel-size heating pad (optional)
- Stool softener (recommended)
- Lip balm & moisturizer
- Reusable water bottle

✓ OPTIONAL (BUT HELPFUL!)

- Book, journal, or headphones
- Waist trainer (as directed)
- Small tote for outings or follow-up appointments

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72 Hours Before Surgery – Final Checks

✓ CONFIRM EVERYTHING

- Re-confirm appointment time
- Stop eating/drinking as advised (usually 12 hours prior)
- Shave/prep area as advised
- Complete payments to surgeon & care provider
- Notify Aura' CareHaus of any changes

IF STAYING WITH AURA' CAREHAUS

We've got you covered with:

- Fresh linens & towels
- Post-op meal prep
- Lymphatic massage care
- Transportation (if added)
- Recovery tools (if included in your care plan)