



ESTHER CATO WELLNESS

# PRINTABLES AND NOTES

## POST SURGERY SUCCESS

PACKED WITH TIPS

☎ 447946214313

🌐 [esthercatowellness.co.uk](http://esthercatowellness.co.uk)

MAKE THE  
MOST OF YOUR  
RECOVERY





# WORKBOOK & PRINTABLE RESOURCES

"I found the resources and trackers really useful to help me to keep a record of my medication and chats with my surgical team. "

Rajesh - Cricklewood

Please print and photocopy the following pages as applicable to keep an accurate record of conversations that you have had with your surgical team pre / post surgery, to record your measurements, food diary, water intake, mood and emotions, to have an easy reference of the best foods to eat and to track exercise.

You might find it helpful to place the food posters on your kitchen cupboards.

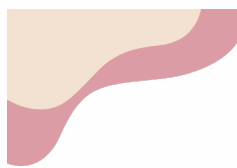
These inserts will be invaluable in helping you to track your progress.



# Useful notes and observations post surgery

Use this space to record any observations post surgery

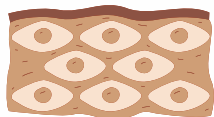
## What have I noticed today?



SEROMAS

☐

ABNORMAL LEVELS OF BLEEDING



FIBROSIS

☐

SIGNS OF INFECTION

☐

SIGNS OF DEHYDRATION

☐

UNUSUAL SWELLING

☐

UNUSUAL PAIN

☐

ANYTHING UNUSAL PRIOR TO SURGERY

☐

Surgical team contacted -

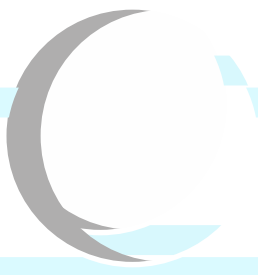
Notes taken - advice given - SEE NEXT PAGE

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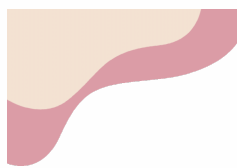




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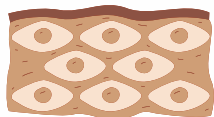
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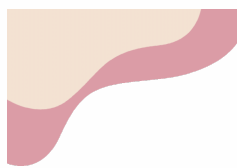




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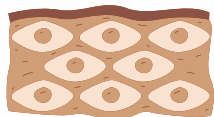
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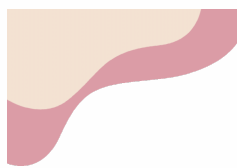




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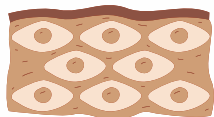
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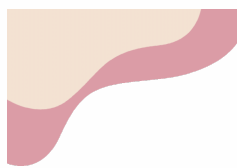




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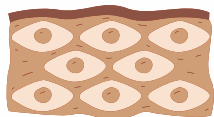
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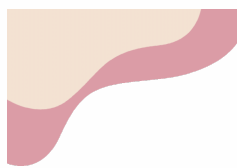




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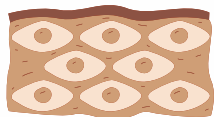
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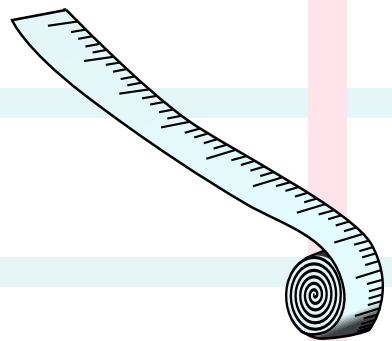


# My measurements record

DATE:

Use this space to record any measurements, fluctuations will happen as your bodily fluid content will go up and down due to residual anesthesia - Also remember stress triggers the cortisol hormone which encourages the body to hold onto water.

So be gentle with yourself today, the period following surgery can be emotional.



Top of bust -

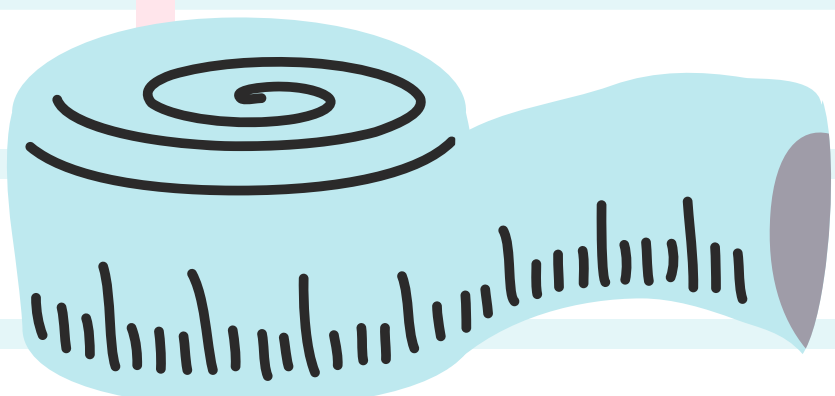
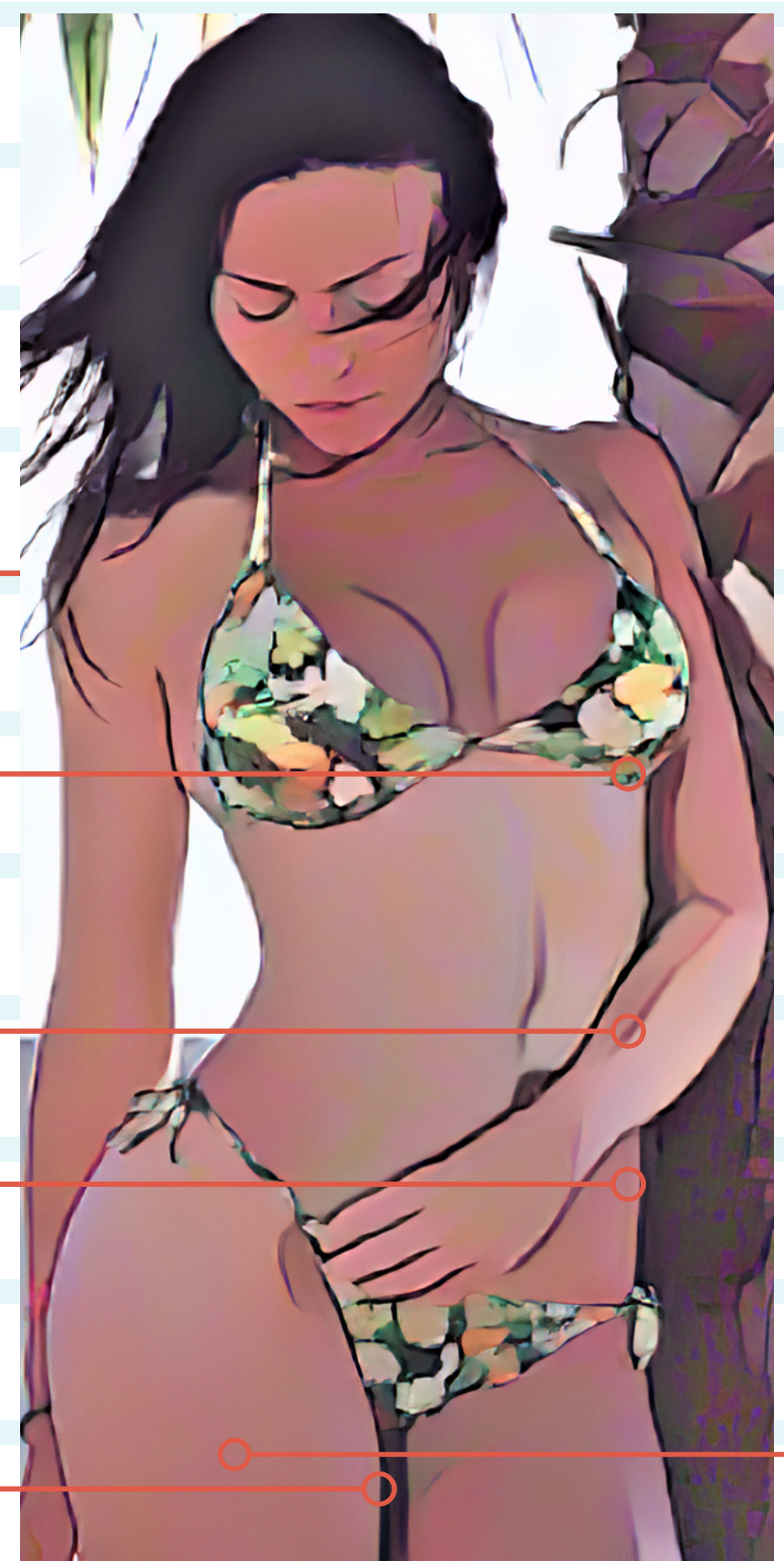
Under bust -

Waist -

Hips-

Left leg

Right leg -



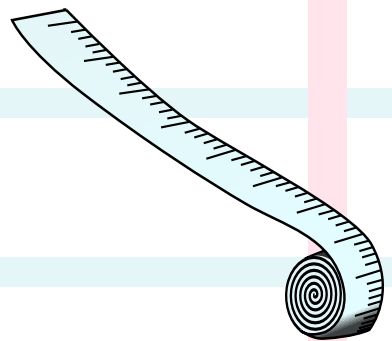


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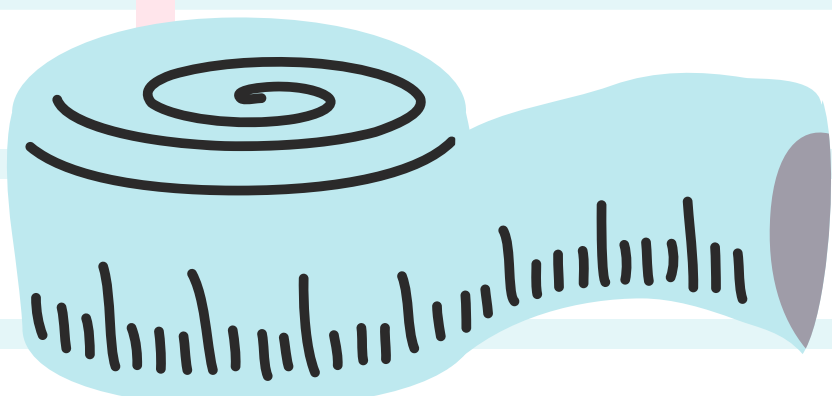
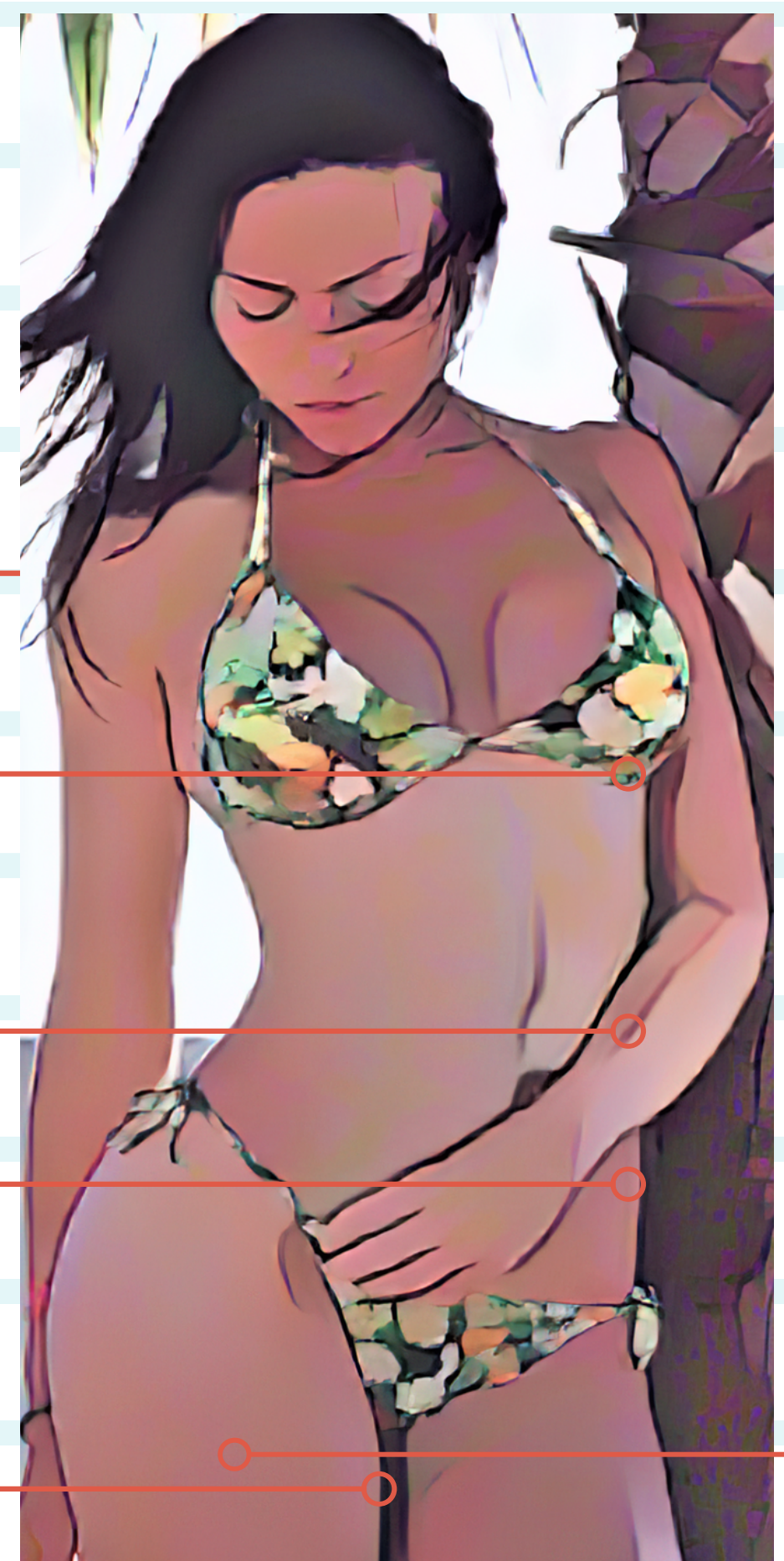
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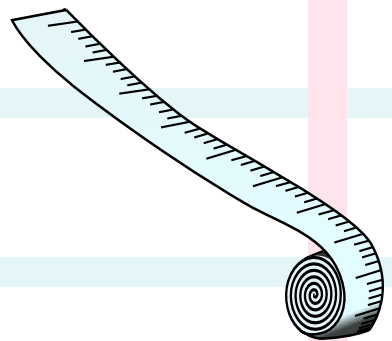


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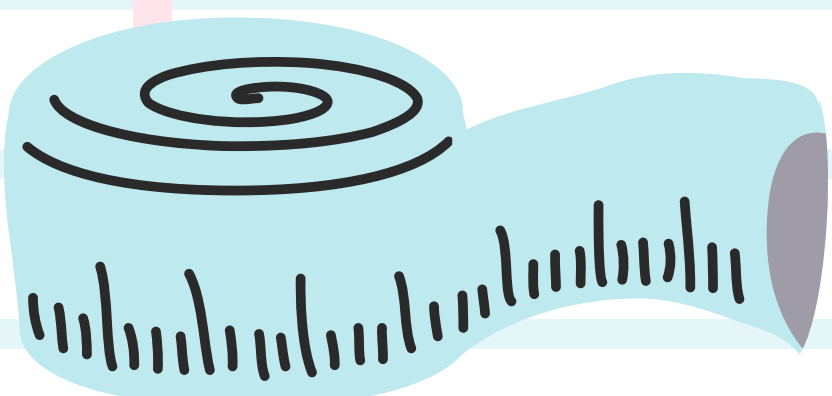
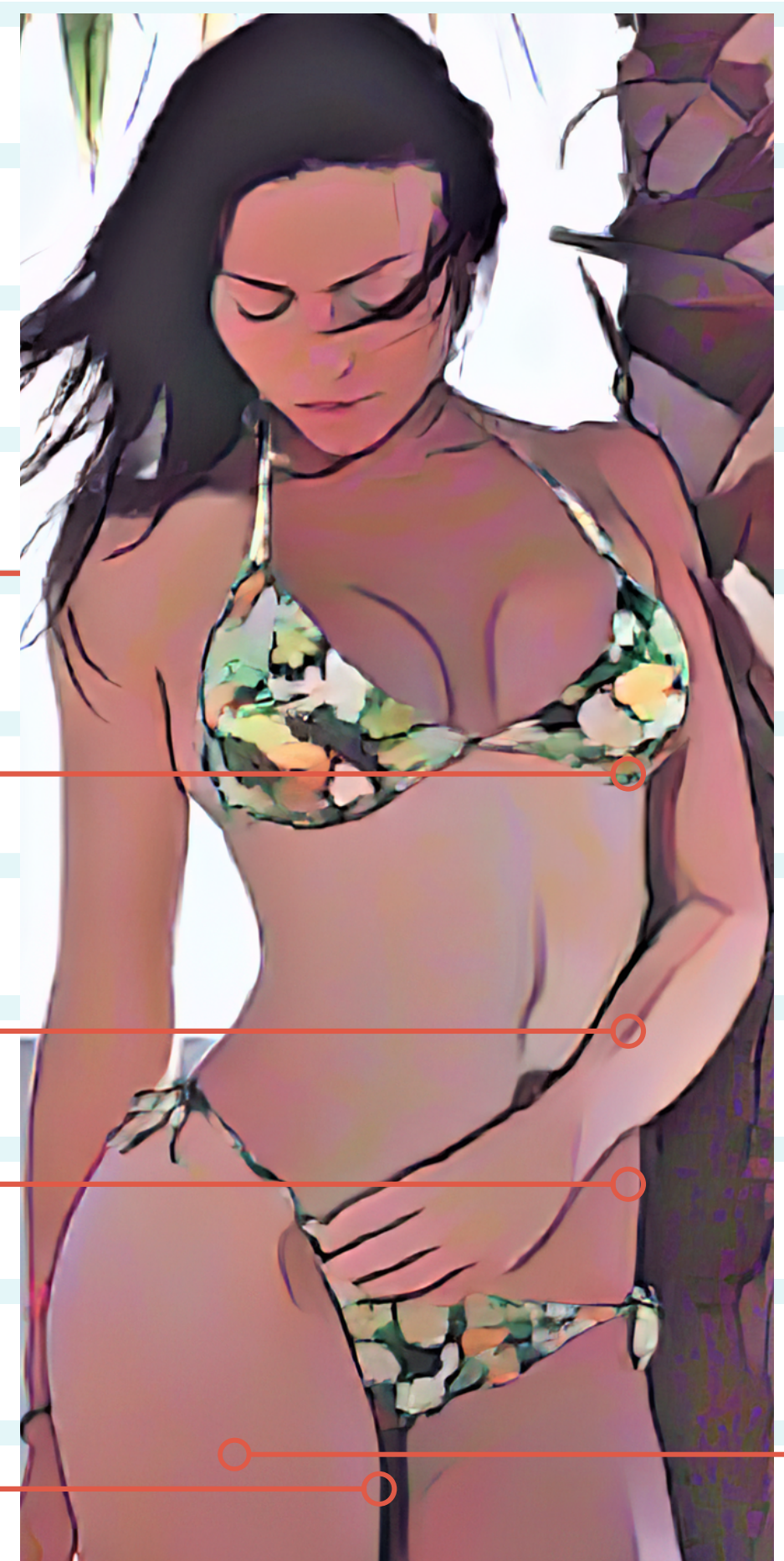
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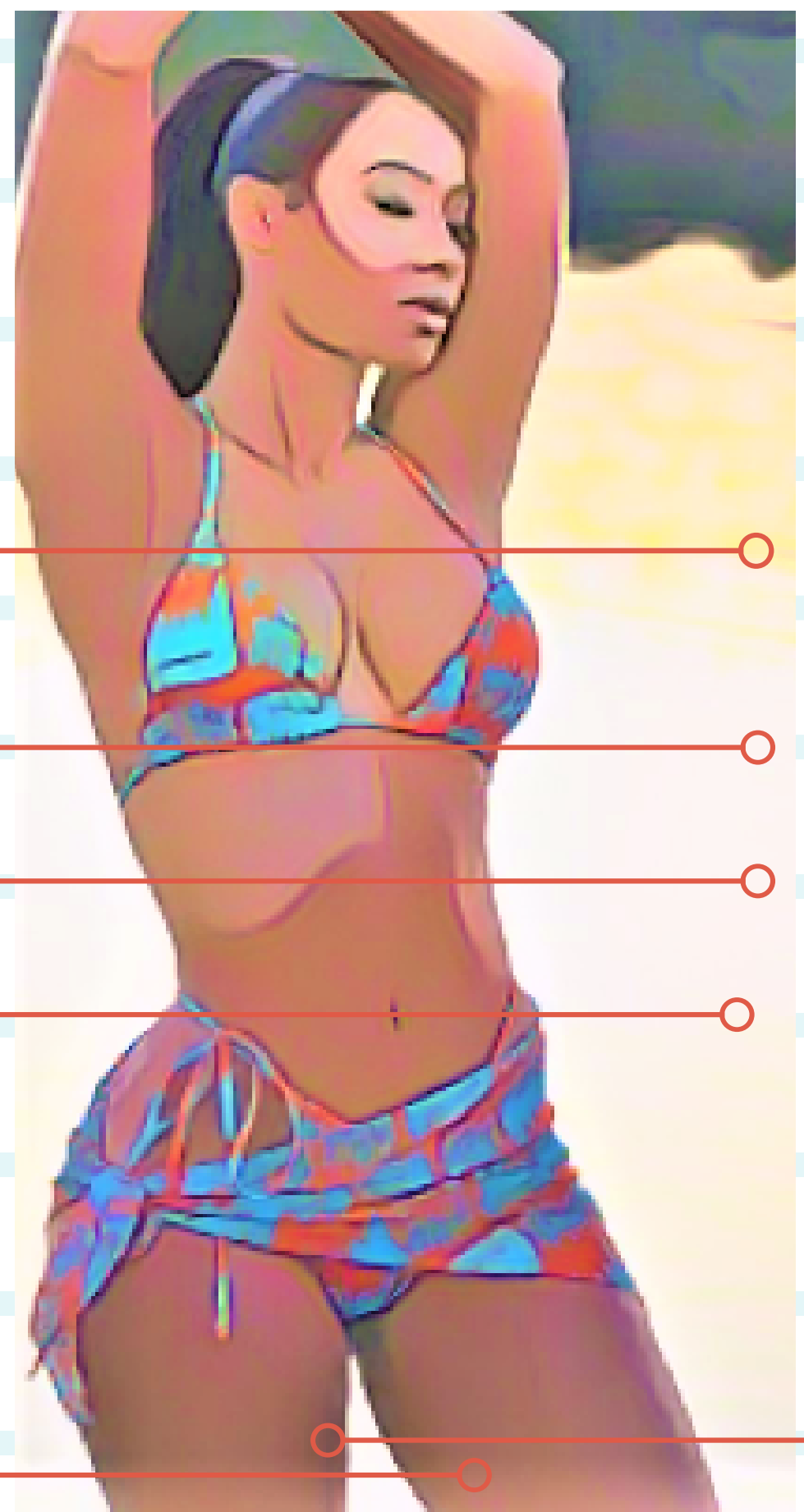
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Right leg -

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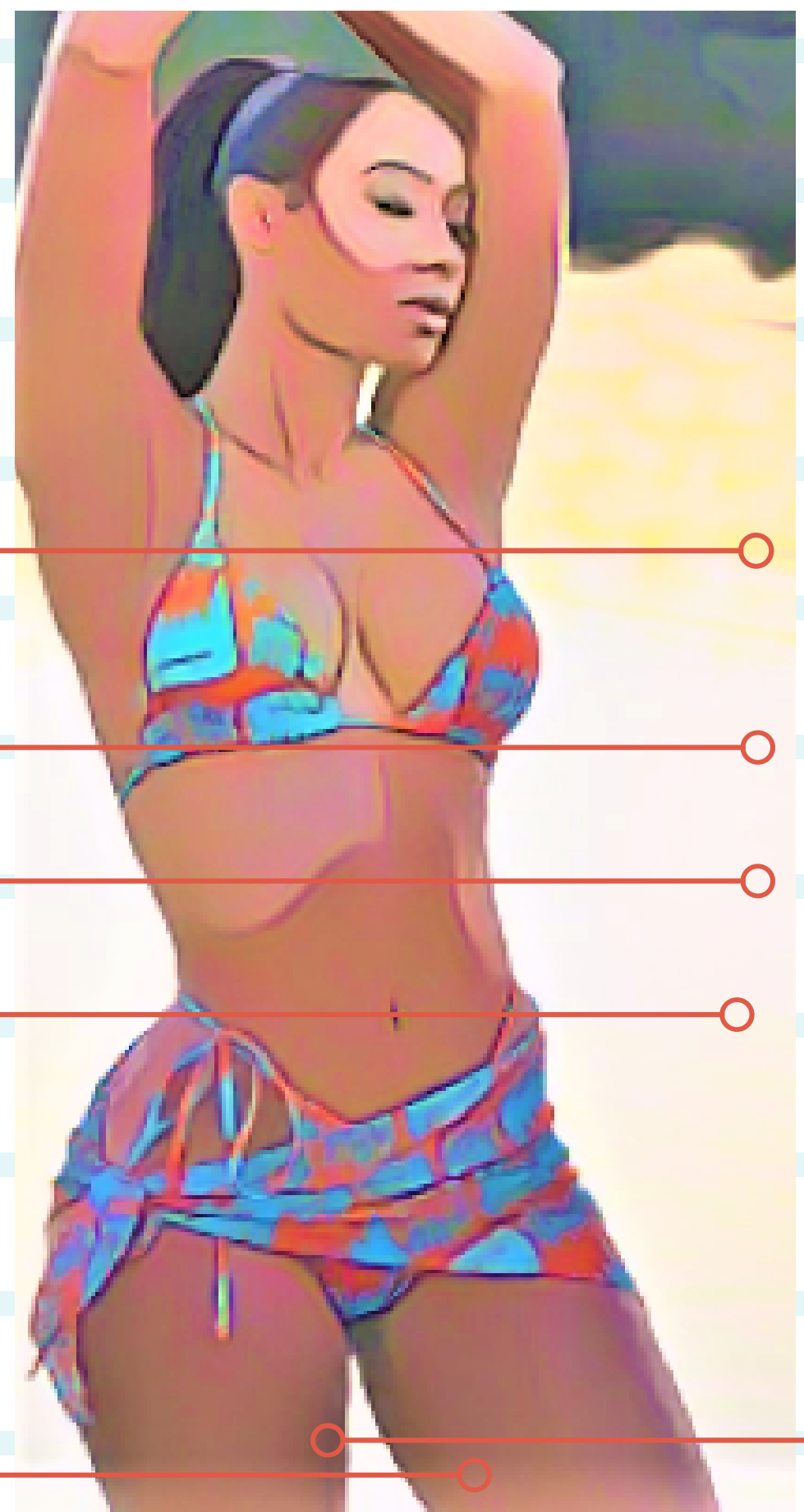
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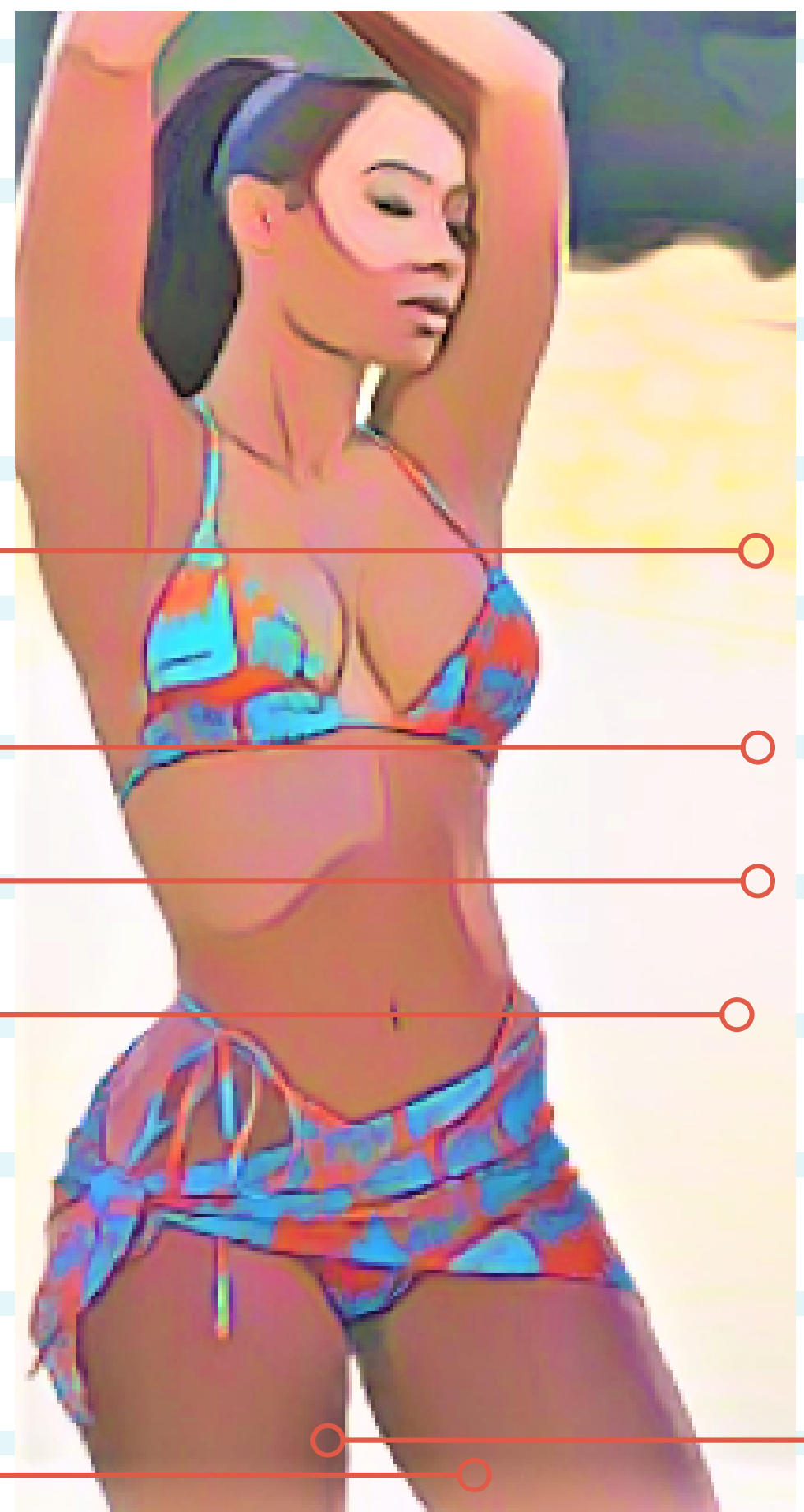
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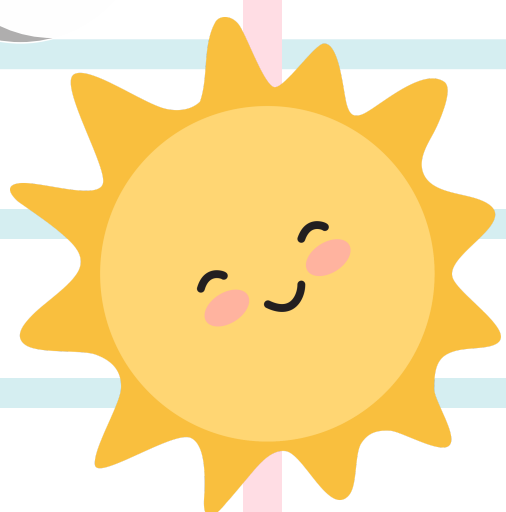


# My feelings journal

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DATE:



HAPPY

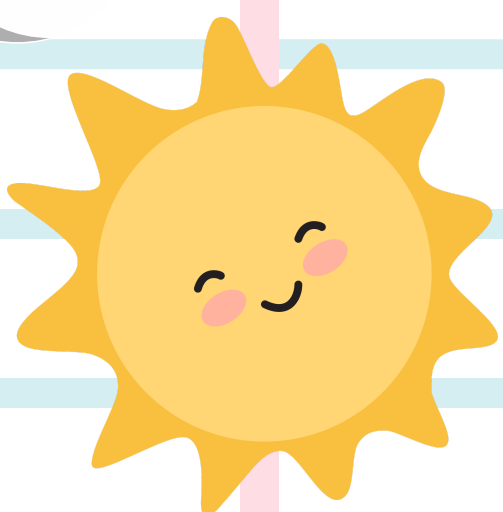


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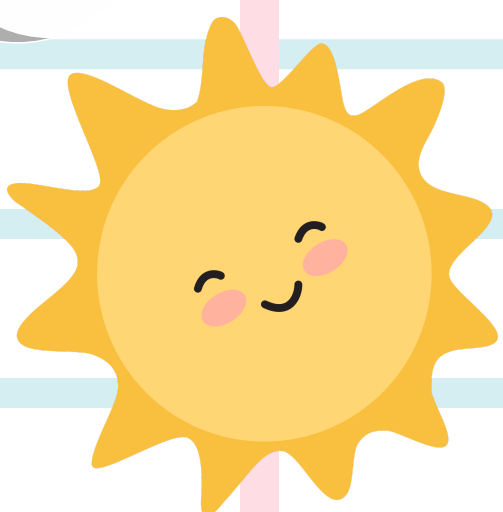
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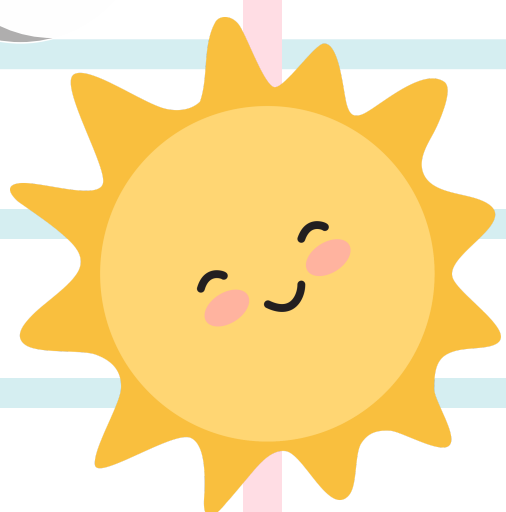
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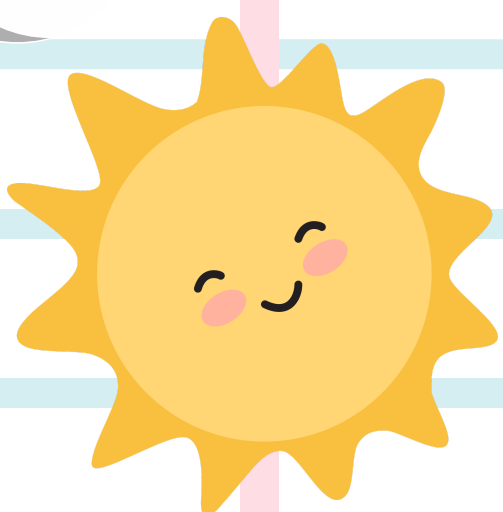


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HAPPY

# Meal ideas



## Breakfast

Greek yogurt & berries



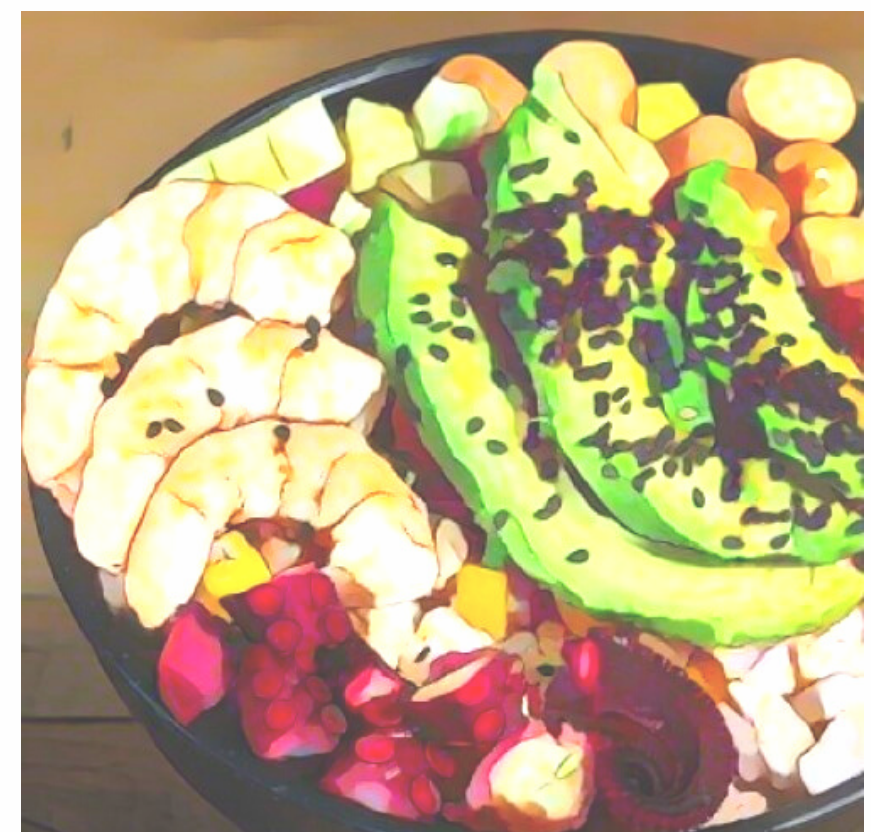
## Lunch

Poached eggs & avocado  
on brown rye toast



## Dinner

Prawns, raddishes,  
avocado and sweet potato





# Meal ideas



## Breakfast

Banana & berries on rye  
roast



## Lunch

Veggies, brown rice & feta



## Dinner

Lean meat, brown rice &  
steamed veggies





# My food journal

Use this space to record any food intake - make sure to record your water intake also - print these pages off for ease of completion. Avoid snacking, eat raw nuts or drink water when you get the urge, only a few nuts 3-4.

DATE:

Breakfast

Lunch

Dinner



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DATE:

Breakfast

Lunch

Dinner



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DATE:

## Breakfast

## Lunch

## Dinner





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DATE:

## Breakfast

## Lunch

## Dinner



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DATE:

## Breakfast

## Lunch

## Dinner



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DATE:

## Breakfast

## Lunch

## Dinner





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DATE:



*Equals 1 large glass*

**cross off as applicable**



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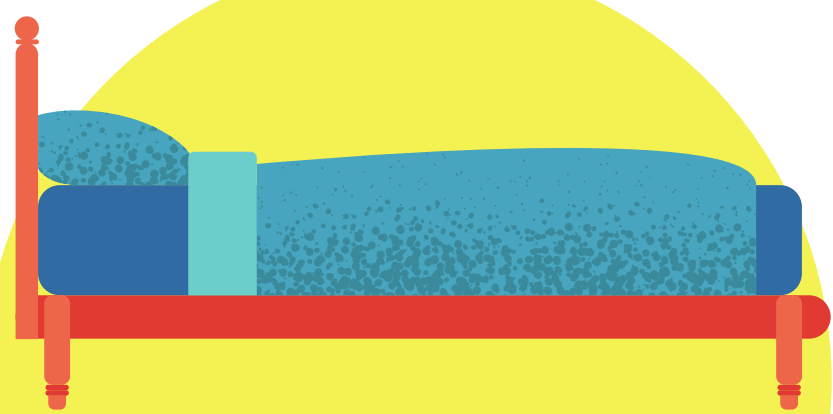
*Equals 1 large glass*

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# DAILY Mindfulness



GET A GOOD  
NIGHTS SLEEP



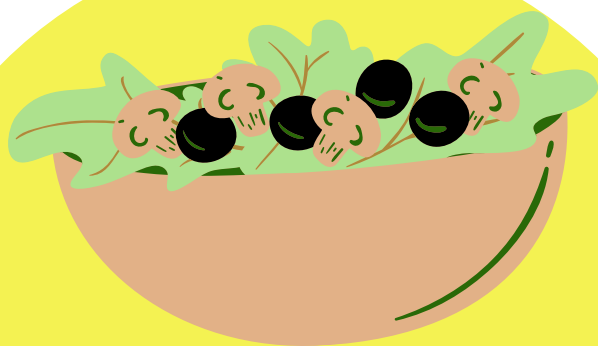
5 MINUTE  
MEDITATION



GO FOR A  
WALK



SAY THANK  
YOU



EAT  
MINDFULLY

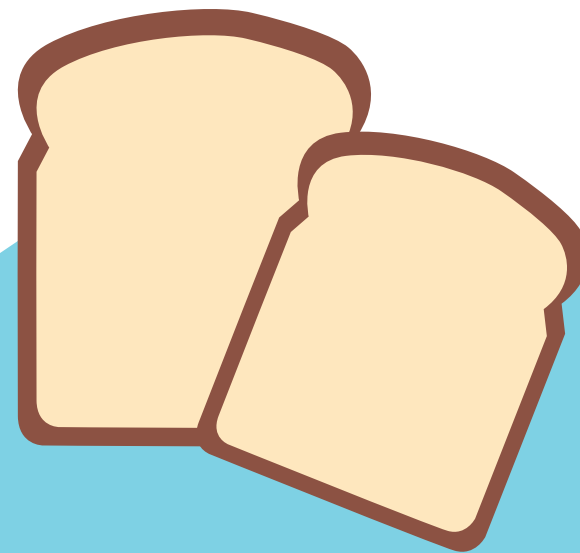


DRINK  
ENOUGH  
WATER

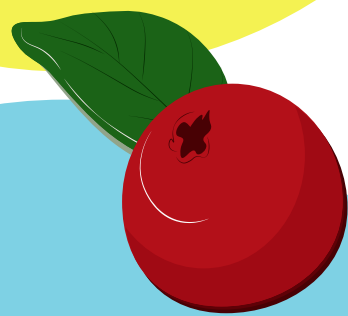
# DAILY Nutrition



ALMONDS - HIGH  
IN VIT E REDUCES  
SCARRING



WHOLE GRAIN -  
HELPS TO KEEP  
YOUR DIGESTIVE  
SYSTEM REGULAR



CRANBERRIES - HELP  
TO RESTORE &  
REBUILD COLLAGEN,  
SPEED UP HEALING  
AND IS PACKED  
WITH ANTI  
OXIDANTS



EGGS - HIGH IN  
PROTEIN TO  
REBUILD AND  
REPAIR MUSCLE  
TISSUE

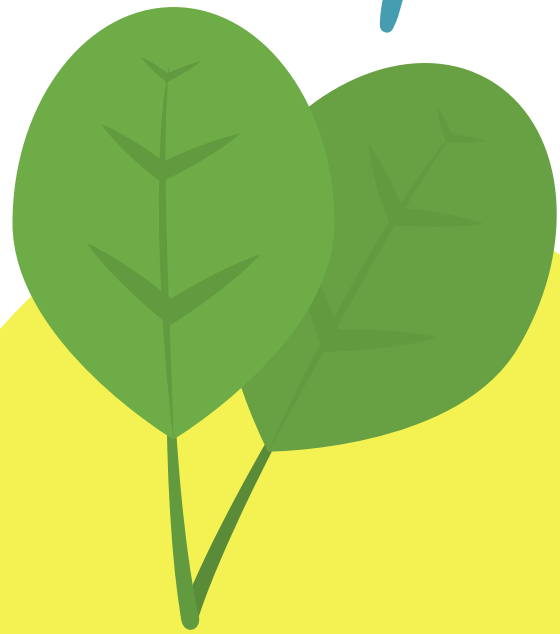


SWEET POTATOES  
- POST OP  
ENERGY & GREAT  
SOURCE OF  
VITAMINS



DRINK ENOUGH  
WATER FOR  
HEALING &  
DRAINAGE

# DAILY Nutrition



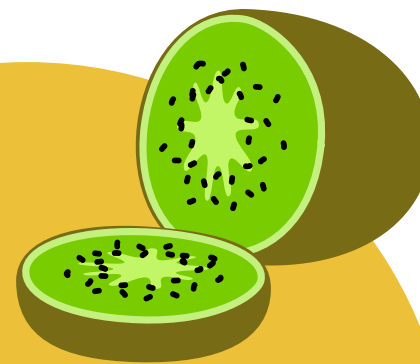
SPINACH -VIT A -  
CELL GROWTH AND  
IMMUNITY



CHICKPEAS -ZINC  
TO REPAIR BODY  
TISSUE



PUMKIN SEEDS -  
IRON BLOOD  
PRODUCTION &  
ABDOMINAL  
REPAIR



KIWI FRUIT -  
VIT C SKIN  
REPAIR



PRO BIOTIC YOGHART  
FOR BALANCING  
DIGESTIVE SYSTEM  
FOLLOWING HARSH  
PAIN KILLERS AND  
ANTI BIOTICS



BERRIES FOR  
ANTI OXIDENTS  
AND REGULATING  
BLOOD SUGAR



