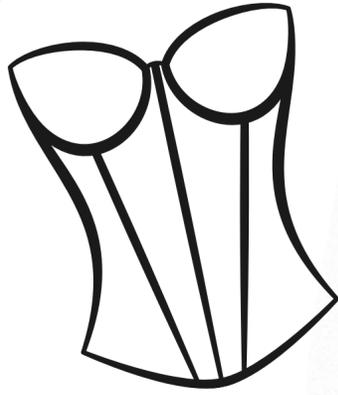
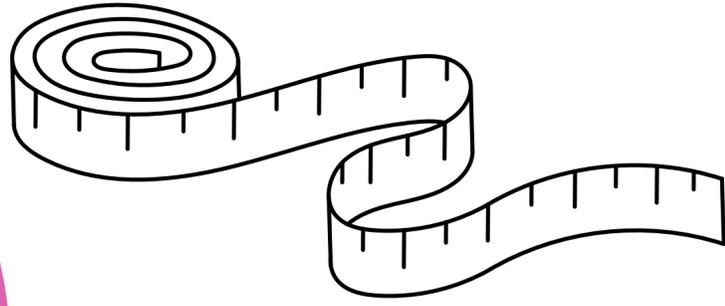


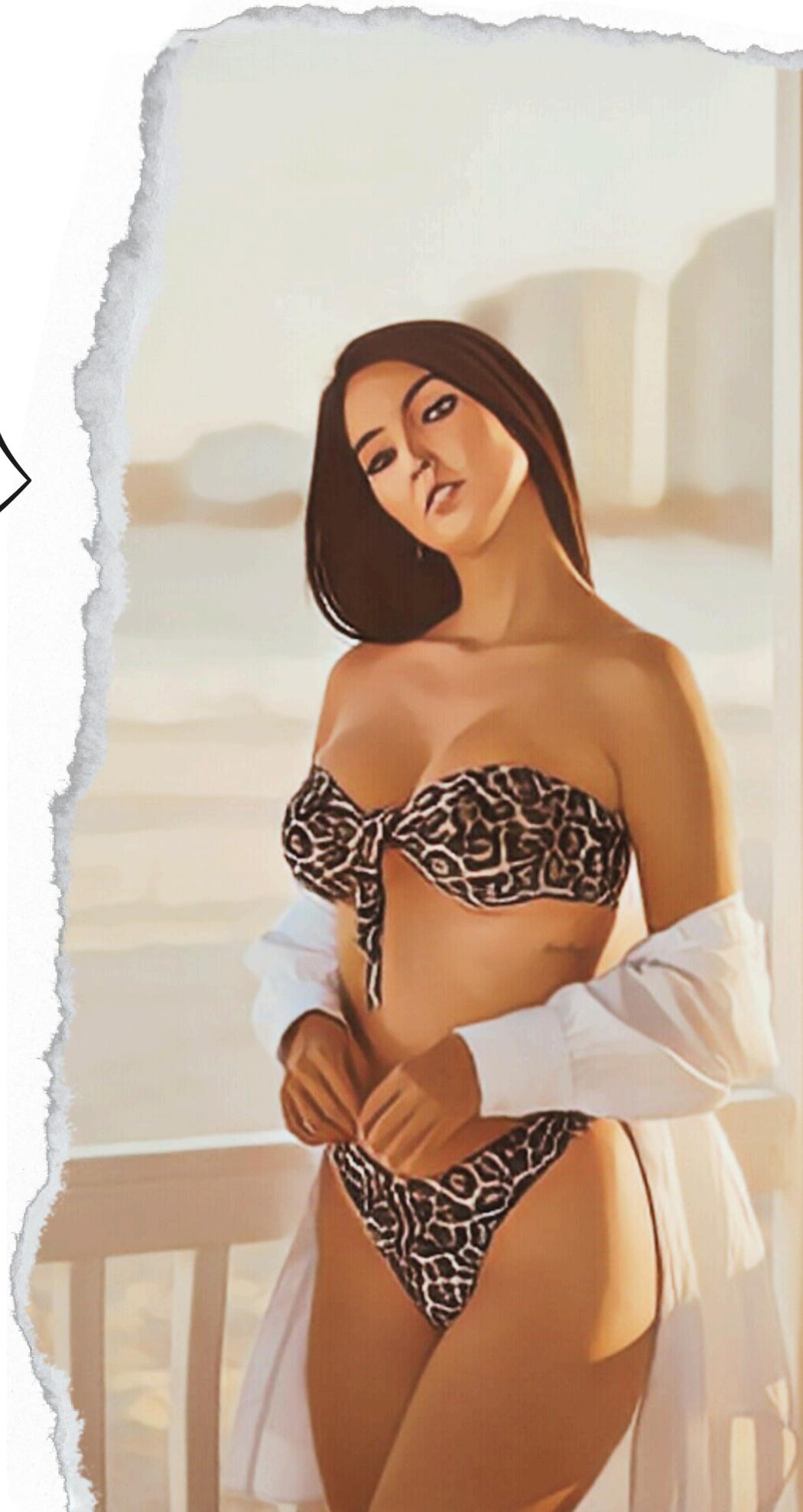


(your name)



POST SURGICAL SUCCESS PLANNER

TIPS & LIFESTYLE NOTES
FOR A SMOOTHER
RECOVERY



MAKE THE MOST OF
YOUR RECOVERY

WORKBOOK & PRINTABLE RESOURCES

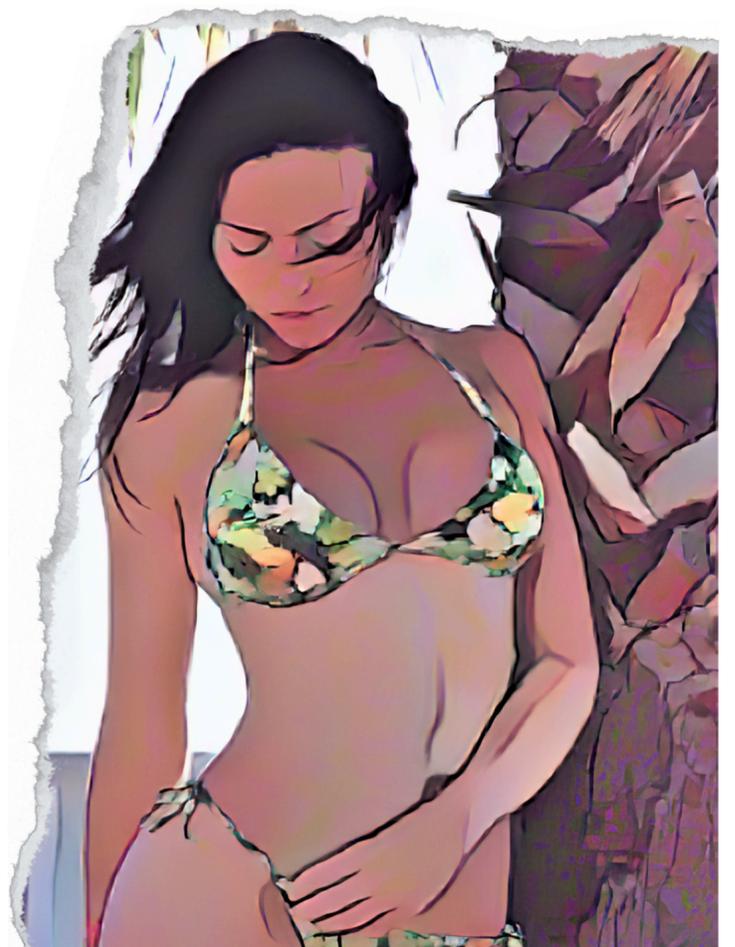
"I found the resources and trackers really useful to help me to keep a record of my medication and chats with my surgical team."

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.



WHAT'S INSIDE

Sculpting planner

Appointment tracker

Measurement tracker

Noticable changes

Motivation

Self compassion

Feelings

Picture journey

Water tracker x2

Food journal

Meal ideas

Mindfulness

wound healing food 1

Wound healing food 2

Monthly Body sculpting Planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						
SUNDAY						

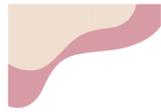
TO DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES

What have I noticed today?

DATE:



SEROMAS



ABNORMAL LEVELS OF BLEEDING



FIBROSIS



SIGNS OF INFECTION



SIGNS OF DEHYDRATION



UNUSUAL SWELLING



UNUSUAL PAIN



ANYTHING UNUSUAL PRIOR TO SURGERY



Surgical team contacted -
Notes taken - advice given -



NOTES:

DAILY MOTIVATION

"You have the
courage to
begin again."

be
ough
orld
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es,
es,

5 POSITIVE AFFIRMATIONS

FOR SELF-COMPASSION



I AM DOING MY BEST AND THAT IS ENOUGH.



EXPERIENCING SOMETHING NEW CAN BE HARD, BUT I WILL KEEP GOING.



I WILL TAKE TIME TO HEAL.



I CAN FOCUS ON BEING KIND TO MYSELF WHEN I FACE CHALLENGES.



I AM UNIQUE AND CAPABLE OF GREAT THINGS.

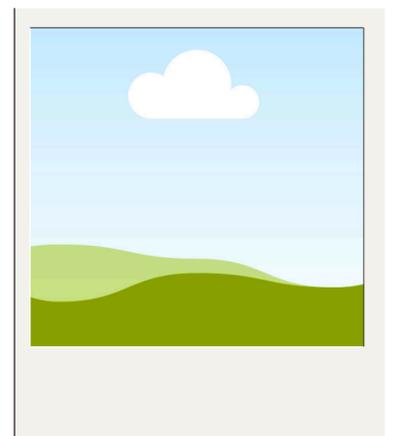
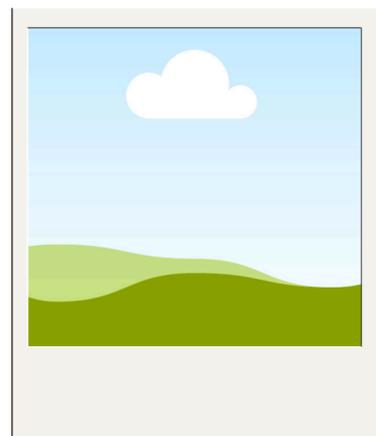
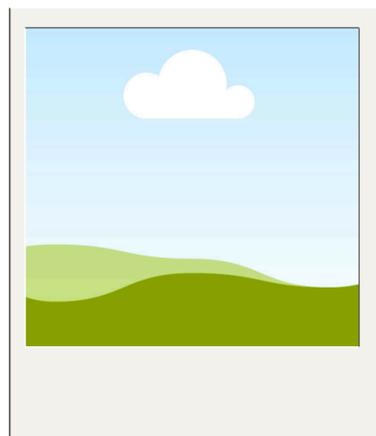
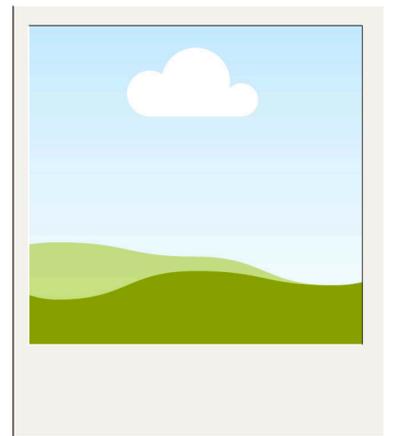
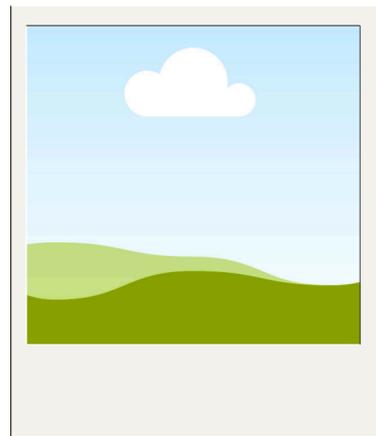
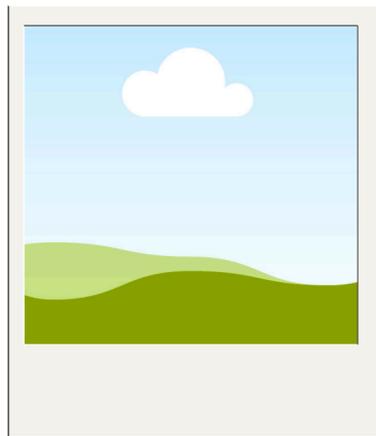
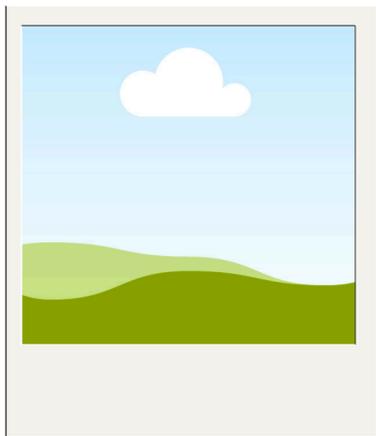
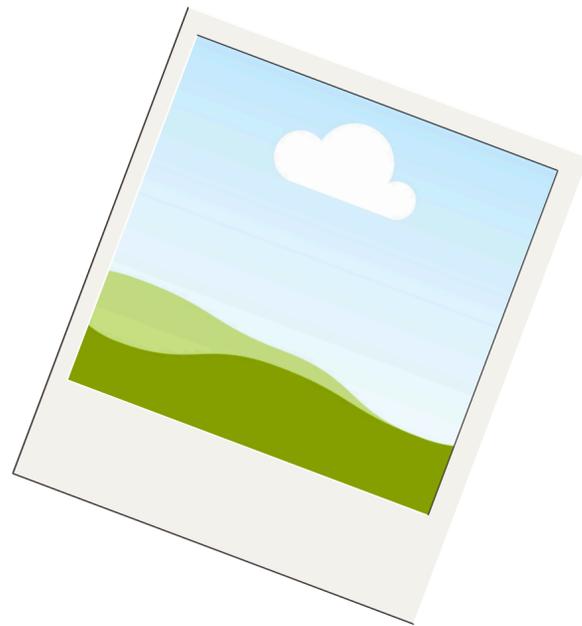
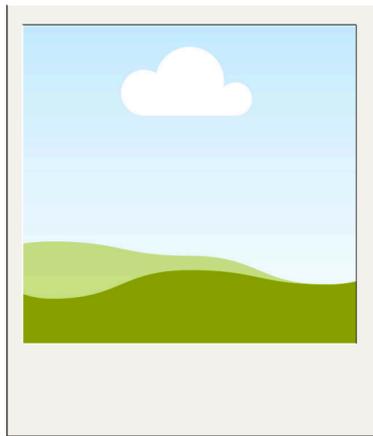
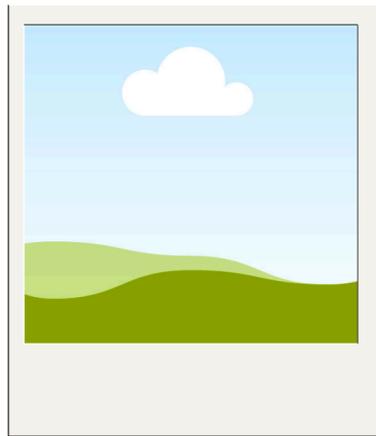
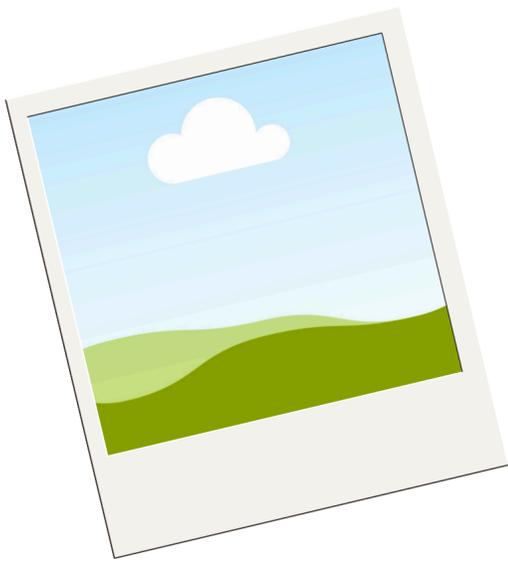
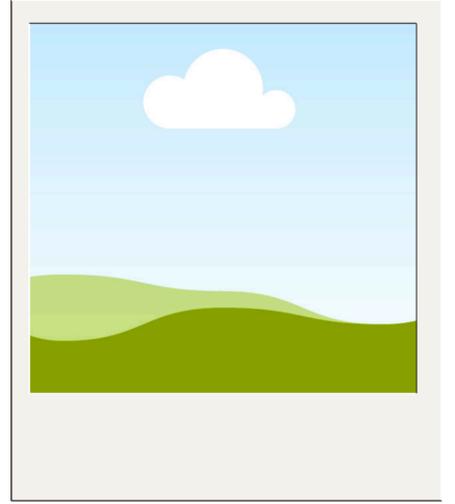
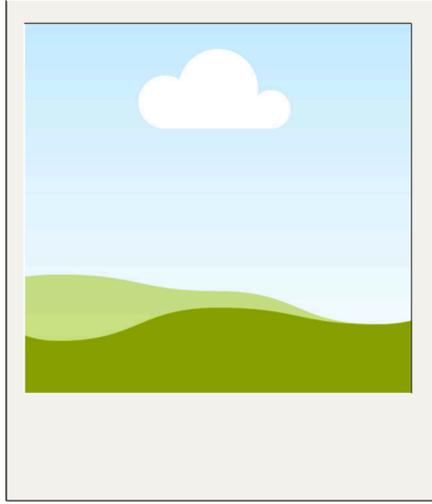
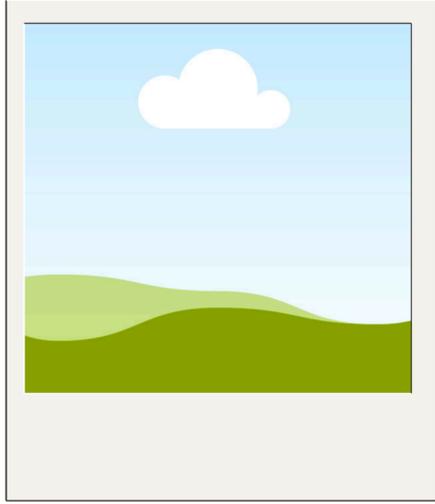
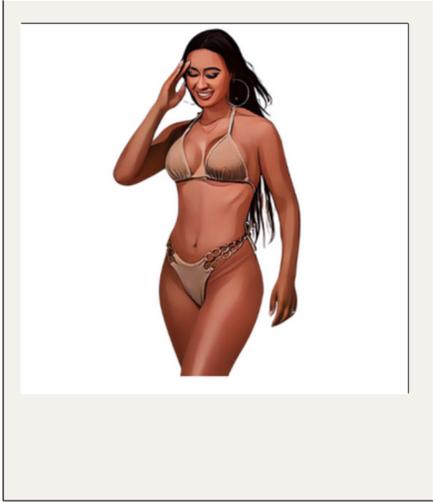
How am I feeling today?

date :

A large white rectangular area with rounded corners, containing 20 horizontal black lines for writing.



MY JOURNEY IN PICTURES



WEEKLY WATER TRACKER

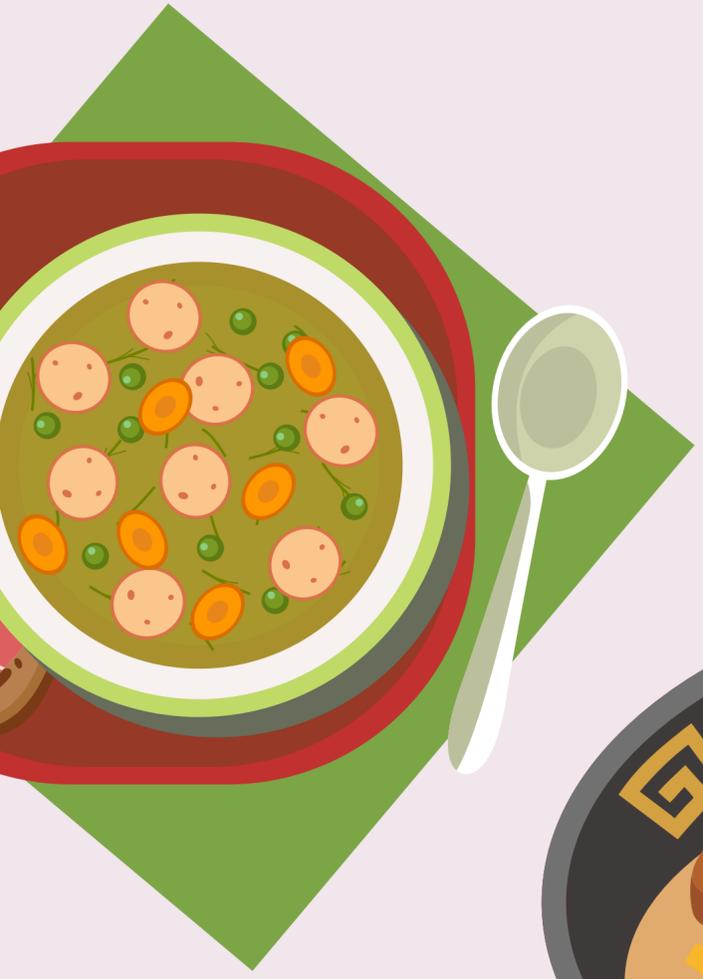
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
						
						
						
						
						
						
						
						
						

WEEKLY WATER TRACKER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
						
						
						
						
						
						
						
						
						



Food Journal



Meal ideas



Breakfast

Banana & berries on rye
roast



Lunch

Veggies, brown rice &
feta



Dinner

Lean meat, brown rice &
steamed veggies



Meal ideas



Breakfast

Greek yogurt & berries



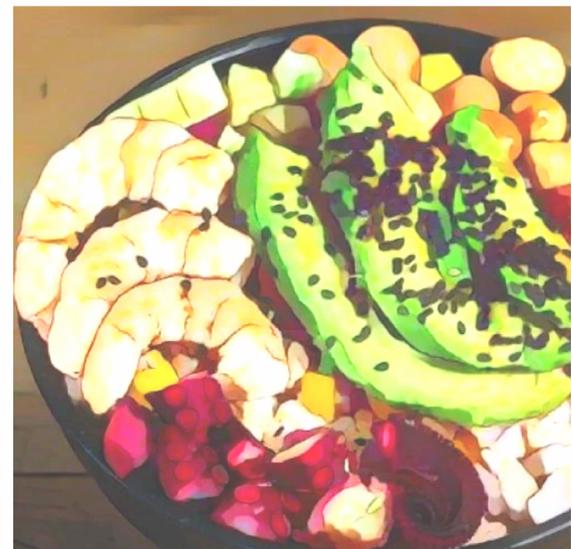
Lunch

Poached eggs & avocado
on brown rye toast



Dinner

Prawns, raddishes,
avocado and sweet
potato



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



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:

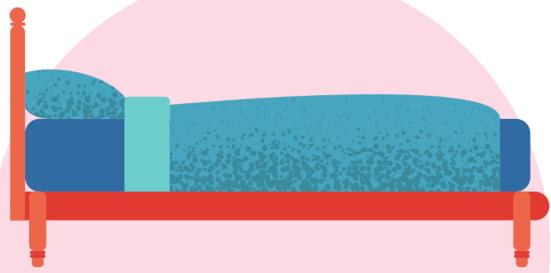
Breakfast

Lunch

Dinner



DAILY Mindfulness



GET A GOOD
NIGHTS SLEEP



5 MINUTE
MEDITATION



GO FOR A
WALK



SAY THANK
YOU



EAT
MINDFULLY

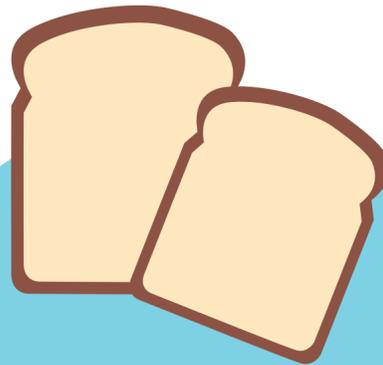


DRINK
ENOUGH
WATER

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



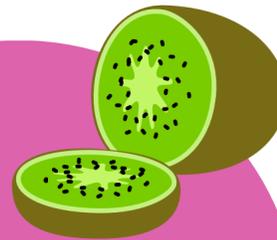
SPINACH - VIT A -
CELL GROWTH AND
IMMUNITY



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

