

Shopping:

Baby Wipes

Gauze 4 x 4

Paper Tape for Gauze

Aquaphor Ointment

Tylenol ES

Advil or Alleve

Colace and Metamucil

Clothing:

Wear Loose Clothing

Hoodies that Zip Up

Button Down Shirts

Sweat Pants with Pockets

Shoes that Slide On

Comfort Over Style



TOP SURGERY POST-OP Weekly Planner

„I recently got top surgery with Dr. Hazen and I cannot express how happy I feel with the results. Throughout the entire process from the beginning to end, Dr. Hazen has been nothing but supportive and communicative. She not only created such a safe space for trans people but she also created the chest I've always wanted. I can't say enough!“ ~F. Chang

Follow Dr. Alexes Hazen

Instagram: @alexeshazenmd

Youtube: Alexes Hazen MD

Facebook: @alexeshazenmd



Alexes Hazen MD

535 5th Avenue, 29th Floor
New York, New York, 10017
alexes@alexeshazenmd.com

(917) 301-6563

www.alexeshazenmd.com





TOP SURGERY Post Op Planner

*Important things
you need to
know*

WEEK 1

CONGRATULATIONS YOU DID IT!

Take it easy...

**NO HEAVY LIFTING,
NO MAJOR EXERTION!**

Say yes to quiet walks,
catching up on Netflix and
eating healthy and nutritious
food.

Enlist friends and family to hang
out with you and help.

WEEK 2

PATIENCE AND LOVE

Activity: long walks, lower body
exercises, gentle upper body
stretches.

**DRAINS SHOULD BE OUT AND
YOU CAN SHOWER :)**

Don't be alarmed if you are
tired, and even a little sad.

WEEKS 3 & 4

LISTEN TO YOUR BODY

BEGIN SCAR MANAGEMENT
which is a combination of
massage with scar gels and
taping with special scar tape!

You may need more sleep and
rest and are likely still very
swollen.

Increase walks, and you can do
most lower body exercises.

WEEKS 5 & 6

FEELING STRONG, LOOKING GOOD

CONTINUE SCAR MANAGEMENT
The more attention you pay to
your scars, the better they will
look and feel.

Increase Cardio, light upper body
weights are ok.

Be patient. Your body has worked
hard to get you this far.

WEEKS 7 & 8

HOORAY! ALMOST FULLY HEALED

**YOU CAN LIFT, SWIM, FROLIC
and PLAY!**

Continue scar management as
needed.

Enjoy your beautiful and
incredible self-healing body!