

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

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ALEXES HAZEN, MD
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