

4 Ways to Prepare and Survive Bed Rest

1

Get a manicure & pedicure the day before surgery.

2

Plan for a deep tissue massage the day before surgery or procedure.

3

Purchase homemade casseroles & meals.

4

Purchase pretty pajamas, gowns, & robe..

Items for Bedroom

- Chair
- Sleep Number Bed
- Heating pad
- Fireplace

Things to do in Bed

- Reconnect with people
- SMILE
- Say please and thank you
- Watch *The Queen's Gambit* on Netflix
- Write thank you notes
- Order photo books from phone

Gift Items

- Flowers
- Casseroles
- gum
- Peanuts
- Cupcakes
- Charcuterie board items
- Protein bars

