

**Breast Aug April 26 - 5'9" 125 lbs left boob 345cc, right boob 415cc**

<b>DAY</b>	<b>FEELINGS // ACTIVITY</b>
<p><b>Day 1</b> (surgery day) - pancake &amp; coffee - potato stir fry &amp; chia pudding - salad with rice &amp; beet dip + apple</p>	<p>Tylenol + codine x 3, help to pee, sit up, very little sleep, can't press up. Worked on computer a bit. Taking arnica tablets &amp; bromelain/quercin. Feel good.</p>
<p><b>Day 2</b> - coffee, flax bread &amp; beet dip + morning glory reset loaf - apple &amp; prunes + pb2 &amp; tamari almonds, green tea - beyond meat tacos</p>	<p>No pain meds, started antibiotics, constipated, washed face &amp; did red light. Watched Netflix. Swollen top of boob and sides along ribs. No major pain. Boobs look like cones. I can feel nipples. A bit bloated. Ice packs on tops and sides of boobs. Slept like shit.</p>
<p><b>Day 3</b> - coffee - smoothie + greens &amp; morning glory reset loaf - 1/2 sweet potato &amp; reset soup + crackers &amp; chia pudding - dates + pb2 &amp; green tea - remaining reset soup, pickled veggie medley, vegan cheese, leftover taco filling &amp; cracker crumbs.</p>	<p>Finally slept 9:30-5:30! Pooped! antibiotics, arnica &amp; bromelain are the only pills I'm taking. Planning to go for a walk. Sides of torso inflamed &amp; "jiggly." Pooped again.....Top heavy! Napped.</p>
<p><b>Day 4</b> - coffee, morning glory loaf &amp; spinach/strawberry protein smoothie. - rice, coconut tomato soup + pickled veggie medley &amp; apple/pb2. - green tea - cabbage soup, flax bread vegan cheese + beet dip. 5 dates</p>	<p>Hard sleep but better than first and second night. No pain meds. Antibiotics, bromelain &amp; arnica. BIG easy POOP. Bloating is down but still jiggly. "Soft" belly but not as inflamed.</p>
<p><b>Day 5</b> - coffee, spinach &amp; banana protein smoothie + oats with chia seed mango pudding. - 1/2 sweet potato + veggie medley vegenaise sauce + cracker crumbs. Green tea. - almondmilk chantilli ice cream, 3 dates &amp; skinny pop (!!!). - raw broccoli salad + morning glory loaf + pumpkin seeds, apple sauce &amp; a strawberry</p>	<p>Good sleep. Digestion back on track. Antibiotic &amp; bromelain. Doing chores, laundry etc. swelling has moved down to groin area. Boobs are swollen and side pain with a little numbness but mostly all good. Walked to beach park &amp; back. Bloated but the sugar prob didn't help? Tomorrow is first day of the reset I want to work out so badly.</p>

<p><b>Day 6</b> - coffee - fruit smoothie &amp; buckwheat with kale. - chickpea salad + matcha/maple &amp; hemp - Reset salad (sweet potato, beet dip &amp; kraut), broccoli &amp; tomato coconut soup + apple sauce cake &amp; pb2 banana frosting</p>	<p>I feel and look good! Ready to walk and move my body - at least do some lunges! Just the antibiotic &amp; bromelain. Back of arms still numb. Side body less puffy but still visible. 2 mi walk &amp; 15 standing booty workout. Had dinner with a friend and walked beach.</p>
<p><b>Day 7</b> - coffee. - green drink (kale &amp; fruit) chia seed pudding + oats. - chickpea salad + dates stuffed with pb2 banana frosting. - matcha latte</p>	<p>Best day yet. Positive. Energized. Feeling myself. Nothing new. Still on antibiotics, bromelain and started vitamins back up. Doing lower body leg &amp; booty workouts and walking. Back to work tomorrow. Also driving fine! Also taking out the trash, doing dishes, washing hair and face fine - even cleaning the house</p>
<p><b>Day 8 (wed)</b> - coffee - apple cake &amp; fruit bowl with pumpkin seeds - kale salad + pandan rice wrap, 3 dates, matcha - bean &amp; cabbage soup + flax crackers, pear</p>	<p>Last day of antibiotics. No workout. Errands &amp; work. One week post op - started scar cream</p>
<p><b>Day 9 (thurs)</b> coffee - oat chia fruit prune bowl - espresso kale + protein smoothie, broccoli slaw sautéed + tahini kimchee sauce &amp; flax crackers. - potatoes + cabbage soup puréed, 8 dates (!! ) 1 apple, 2 small pieces applesauce cake + sweetened condensed oat milk * ATE SO MUCH TODAY</p>	<p>Two days in a row wake up at 3:20 am. Taking its toll. Hoping no more antibiotics help with better longer sleep. 30 min booty workout. Good energy just wondering why morning started out very mindful and ended up less so.</p>

<p><b>Day 10</b> coffee, kale salad &amp; leftover chickpea salad + kraut. Oats + chia + pb2 &amp; banana + apple. Matcha - pumfu &amp; broccoli slaw + Veganaise sauce, 1/2 pear &amp; carob bites. - reset soup, white rice, side veggies with balsamic &amp; everything seasoning. 1/2 apple/pear + 1 square applesauce cake with sunbutter</p>	<p>Walked the bay. Cinco de Mayo. Incisions are tender but breasts feel good. Feels like all the anesthesia wore off and the swelling is gone. Grateful. *side bruising still, along rib cage. *some upper back pain trying to stand up extra tall to avoid slouching *period week might come late even tho I feel the symptoms it's not uncommon to have a delayed period. *breasts are feeling more and more comfortable (but big!) *I'm "back to normal bit by bit</p>
<p><b>Week 3 * insights</b></p>	<p>boobs sore on sides, feels like bruising Chaffing on sides of arms from Upper back pain - getting pedicures with massage chairs helps! Correct posture! Back of and under arms "stinging" feeling. Bruising feeling sides of ribs. Soreness in nipples *period came roughly 3-4 days late *working out, even holding planks *isometric arms, heavier legs &amp; butt exercises</p>
<p><b>Week 4 May 26</b></p>	<ul style="list-style-type: none"> <li>• one month post op</li> <li>• exercising strength mostly lower body, some arms</li> <li>• soreness is really low, mostly under boob bruising</li> <li>• lats/side of back behind boobs is still slightly sore</li> <li>• boobs are nicely settled</li> <li>• sleeping well! On back</li> </ul>

Insights:

- Boobs help me feel more feminine and womanly
- what a great accessory, no diamonds necessary
- this decision was only for me
- I fit so much better in clothes
- Weight gain was one of my biggest concerns but interestingly after getting boobs the little that I gained from the implants and lightening up on working out didn't bother me. Getting back to routine is joyful

- I feel like I have more body positivity

May 30th

- cellulitis (infection) & capsular contracture (prevention). Antibiotics for 2 weeks + 4g omega 3's
- Redness, swelling and heat around both breasts.
- Flu symptoms.
- Need REST!
- Fearful that my body is hurting and won't accept the implants

June 4

- have to give the implants time!!
- 6 weeks is JUST the tip of the iceberg
- Each boob settles on its own time, inflammation will settle but just bc one woman's boobs settled at 1 month doesn't mean your boobs will settle at 6-8 weeks. They've got a mind of their own. Chill
- 10 days antibiotics complete on 6/8

RESET

- maybe the most helpful of all to help with inflammation & digestion/cleansing.