

with clean sheets. The nurses helped me the entire time. I didn't have to worry about a thing.

I remember how wonderful it felt to get back into my typical morning routine of washing my face and brushing my teeth. Putting on make-up also made me feel so much better, not to mention that I'm sure people probably thought I looked better, too. Although I have had short hair for years, I had it cut extra short several days prior to my surgery so it would be low-maintenance for at least several weeks.

## Warm Showers



**TIP: If your doctor has given you the go-ahead to shower, think of it as a mini-spa treatment and enjoy!**

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On the second morning, I was both surprised and thrilled when the nurses told me I could shower and wash my hair! Although it took some effort at first, I knew how much better I was going to feel afterward.

I was given a pair of stretch maternity underwear with the crotch cut out. It covered my breasts like a halter and provided something to pin my drainage bulbs onto so they didn't dangle.

I must admit I was relieved to see there was even a chair in the tub for me to sit on. I was able to lean forward and rest my elbows on my knees to wash my hair.

I thoroughly enjoyed being in the shower and remained there for the longest time, just relaxing and enjoying the warm, soothing water. Eventually I heard a knock on the bathroom door and a voice telling me I was going to shrivel up like a prune if I didn't get out. They all had fun teasing me about my marathon showers and shriveled skin.

With my short hair, there was no need to worry about styling it so I just let it air dry. Once I was back in bed, I propped up with about six pillows and nestled into my clean, fresh sheets. Although I was exhausted, I felt so much better and was ready for visitors or whatever the day would bring.