

Using a Recliner During Recovery

Sleep Position -

We strongly recommend that you have a fully automated recliner (lift chair recliner) to sleep in for the first 3-4 weeks. This allows your abdominal incision to heal without pulling, and prevents you from rolling on your side while you sleep. It also aids you in getting up and down so you don't use your abdominal muscles. After transitioning back into the bed, you may find it more comfortable to sleep with your head elevated on extra pillows and two pillows under your knees to decrease the tension in your abdominal area. You should only sleep on your back, and avoid sleeping on the reconstructed breast flap for at least six weeks.

Recliner Rental -

If you do not already own a recliner, you may find it helpful to rent a recliner for the short time that it will be needed. Do not use the kind of recliner that requires you to push back manually or pull too hard on a handle to extend the foot rest. This will cause you to tense your abdominal muscles and open the wound. Below, we have listed some local businesses that rent recliners. Most will deliver to your house or hotel. They will also pick up the recliner when it is time to return the item.



Texas Medical Supply - *Delivery available*

1906 West 18th Street
Houston, TX 77008
713-864-7636 or 713-893-4537
Monday-Friday 9 AM – 5 PM
Saturdays 10 AM – 2 PM

Houston Medical Supplies - *Delivery available*

9029 Westheimer Road
Houston, TX 77063
713-777-2244
Monday-Friday 8 AM – 6 PM
Saturdays 10 AM- 5 PM
Sunday 12 Pm – 4 PM

Horizon Medical Equipment - *Delivery available*

2236 West Holcombe
Houston, TX 77030
713-839-1420
Monday-Friday 9 AM – 5 PM
Saturdays 10 AM – 2 PM

Excellent Medical Services

2807 Old Spanish Trail, Suite B
Houston, TX 77054
- or -
7901 Beechnut Street, Suite B
Houston, TX 77054
713-440-9800
Monday-Friday 9 AM – 5 PM
Saturday 10 AM – 2 PM

Rent- A-Center - *Delivery available*

800-665-5510
www.rentacenter.com