

Hi Terrye,

I just wanted to thank you, Dr. Tebbetts, and your wonderful staff for taking great care of me in Dallas! The girls look great already!! I can't believe I had my surgery only 6 days ago. Tom and I are very pleased with the result and am happy to be on a quick road to recovery. I have to admit that I am very thankful that you strongly encourage getting active so soon after the surgery. Even though I didn't feel like I had the energy after getting up from my 2 hr nap, eating, taking my Ibuprofen, showering and doing the arm exercises; I forced myself to get out of the hotel room and go to the mall. I seriously thought to myself maybe 1 store to get a couple things to cover the girls up at work... but I'll tell you after getting into the fit room, doing the arm exercises, and trying on clothes I felt 100x better. I came out of the store – shopping bag in hand – and told Tom I'm ready to do more... and each store I felt even better. It was all about getting my arms moving ABOVE MY HEAD that really loosened me up. I felt so great after the mall that we went across the street to the Cheesecake Factory for dinner and a drink! Yes an alcoholic beverage to celebrate the new additions!! 😊

The flight home on Saturday was good...better than the one in... just had to get my arms moving as soon as we landed and immediate relief. I've been staying busy and active ever since... making sure I don't go overboard or feel pain. Sunday I cleaned the house and got settled back in as well as another trek to the mall and grocery shopping. And work has been great the last 3 days! No one's even noticed (of course I'm wearing 3 layers to keep the headlights at bay).

I think all the arm exercises have encouraged the girls to start dropping and softening up. Every day I can see a big improvement and think I'm finally starting to see my waistline again! I'm very thankful after reading the other women's stories on the forum that I went with Dr. Tebbetts and the 24 hour recovery. I don't think I could've handled it any other way knowing what I know now! 😊

Thanks tremendously! Will keep you posted in the weeks ahead!