

What to pack for hospital

When it is time to think about what to pack for hospital for your mastectomy and reconstruction surgery this list from the members of Reclaim Your Curves is a great place to start.

Other tips

Wash your hair the evening before your surgery

Get your nails done (no polish though)

Have your family or support person on call to bring you in other items you need

Prepare your home for your return, nice fresh sheets, comfy chair (recliner for tummy surgery)

A table close by with what you need such as remote, tissues etc so you don't need to get up and down too much

At hospital after tummy surgery it might be easier to walk with a walker at first, you hospital might supply one

Comfort in bed

- Fluffy blanket or wrap or large cotton scarf to keep your shoulders warm
- Medical sheepskin helps with sore back from prolonged time in bed, it also regulates the temperature on vinyl hospital mattresses
- Favourite pillow or triangle pillow
- Ear plugs to block out noise and eye mask to block out lights

Clothing

- Zip front jacket or track suit
- Easy to slip on shoes or slippers
- Light dressing gown or a terry toweling one that can help with drying after showering
- Button up PJ's and shorts
- Nightshirt or long T-shirts with big arm holes and very loose shorts, easier to wear whilst catheter in (usually for autologous). Loose comfy pants trousers that are easy to pull on once catheter is out

Toiletries

- Facial wipes to freshen up without a shower
- Dry shampoo is great until you can have a shower and wash your hair
- Lip balm for dry lips in air conditioning
- Nice body wash or soap and moisturizer
- Small manicure kit and small mirror
- Fan for hot flushes
- Cotton drain bag (to be concealed under clothing or dressing gown when walking around and drain belt (for showering with drains)

Food and drinks

- Medications you are currently taking in their original packaging
- Drink bottle with a sipper top (easier than cup and straw)
- Snacks for in between meals
- Fruit high fibre snacks to help avoid constipation due to anesthesia
- Movicol or similar to help with constipation
- Clear soup for when you don't feel like eating
- Your preferred tea bags

Entertainment

- Note pad or diary and pen to record your experiences
- A good (but not heavy) book or kindle or magazines
- iPad/iPod with music, movies and games (don't forget earphones and chargers)
- Phone (charger and extension cord so can reach if on charge)
- Dongle / Netflix subscription
- Meditation app on phone