

Mastectomy Prep List

Pre-surgery prep at home...

- Deep clean the house
- Clean sheets on bed
- Arrange pre-made meals
- Arrange childcare
- Arrange pet care
- Prep post-surgery wardrobe and place within arms-reach
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Things to buy/borrow/gather...

- U-shaped pillow
- Any other pillows you will need to create your pillow fort
- Recliner (if necessary)
- Supplements you've been cleared to take:
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- Post-surgery bras and/or camisoles
- Pink Pockets, safety pins, or other ways to manage drains
- Loose-fitting, button-down or zip-up tops and pajamas
- Pants and pajama bottoms that are easy to pull up/down
- Soft headbands/hair ties (if applicable)
- Dry shampoo (if applicable)
- Shower bunch
- Facial wipes
- Bathing wipes
- Flushable wipes
- Shower bench
- Lightweight, spill-proof cup for water
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Things to bring to the hospital...

- Music playlists to pump you up or cheer you up
- Phone/tablet and chargers
- Clothes and underwear to go home in
- Pillow(s) for the car ride home
- Lip balm
- Cough drops/lozenges
- Toothbrush/toothpaste
- Any supplements you plan on taking in the hospital (e.g., probiotics)
- Diffuser and essential oils (if your hospital allows)
- Facial wipes
- Comfy socks with non-slip grips
- Hat to keep you warm if you don't have hair
- Headband/hair ties if you do have hair
- List of affirmations to give to Anesthesiologist
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