

Packing List

What to bring to the hospital



Pajamas with button down top, and loose drawstring bottoms so they are easy to get on and off and provide comfort while lounging and recovering

Slippers for trips to the bathroom

Lightweight robe

Zip-up sweater or shirt and sweatpants to go home in, hat or scarf to wrap hair or head in

Mastectomy bra or camisole with drain holder

Magazines

Toiletries

Throat lozenges or hard candy (helps with dry or sore throat from anesthesia) \

Chapstick or lip balm

Other things to keep in mind while in hospital

Do NOT be shy about letting your nurse know what you need. Pain medications, anti-nausea medications, adjustments to your bed position, whatever it is you need be sure to vocalize that with your team. Your body will heal more quickly the more comfortable you are.

Do your lung and breathing exercises if recommended by your doctor. Don't skip even if it feels silly.

Get specific instructions on post-operative range-of-motion and other exercises—what is recommended, what is allowed and what is not.

Ask questions when it comes to your discharge instructions. Be sure you know what to do for your wound care routine, any restrictions you might have. Ask about medication timing and limitations prior to being discharged. It will be in writing from the nurse or doctor on your discharge sheet but it never hurts to have someone go over it verbally with you.

Always, always, always follow your doctor's orders!

Use a pillow under the car safety belt to make your ride home more comfortable.



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