

Mastectomy Checklist: Preparing for the Hospital Stay and Recovery

Tip: Spoil yourself a little before the hospital admission by visiting the hairdresser to freshen up color and style, have a manicure and pedicure.

Each person and situation are unique, please note you may not need everything on the list.

Packing for the Hospital

Pack clothing that is easy to get on/off:

- Open-front sweat tops.
- Soft shirts that zip, tie, or have buttons.
- Loose-fitting cotton/silky pants
- Comfortable underwear
- Non-skid fluffy socks
- Non-skid slippers/moccasins

Toiletries:

- Soap, washcloths, hand sanitizer, baby wipes
- Hairbrush, hair ties, dry shampoo, headband
- Deodorant/body creams (discuss with medical team)
- Lip balm
- Eye drops
- Face/hand moisturizer

Comfort Items & Entertainment:

- Neck travel pillow
- Cell phone
- Tablet
- Headphones
- Chargers
- Reading glasses
- Books, magazines, or puzzle books
- Hard candies, mints/lozenges
- Water bottle

Thing to Plan Before the Hospital - Keeping Loved Ones Updated:

- Choose a point person to update friends/family.
- Make a list of the people who should be updated and their contact details.
- Plan how to update (group email, text, phone calls)

Going Home:

- Put pillows and a blanket in the car to cushion the seatbelt

Prepare for Going Home:

- Fill prescriptions if possible.
- Take prescription pain medication.
- Ask the medical team if you can get an extra surgical bra.
- Ask for instructions on how to care for drains.
- Ask for instructions on showering and getting in and out of bed.

At Home

Kitchen:

- Prepare and freeze meals or make a roster with loved ones to prepare the meals.
- Buy healthy pre-made foods.
- Stock up on healthy foods such as fruits, veggies, nuts.
- Separate heavy items into lighter or smaller containers.
- Pre plan meals and shopping trips with loved ones.
- Move items you use every day to lower shelves.

Bedroom/Wardrobe:

- Make sure cosmetics, tissues, magazines, remote control are all within easy reach.
- Backrest
- Body pillow for extra comfort
- Wash extra sheet sets in advance.
- Arrange your closet for easy access to appropriate clothing.
- Buy extra safety pins if the drains are to be pinned to surgical bra
- Cut slits in sweatshirt/robe pockets to tuck drains in.
- Fanny packs are great for holding surgical drains.
- Purchase front-close sports bra to wear after surgical bra and snug, cotton tank tops.

Bathroom:

- Use a shower chair.
- A handheld shower nozzle.
- A lanyard with clips to hold drains while showering.
- Smaller-sized shampoo and conditioner bottles
- Sanitary napkins or nursing pads to put in surgical bra for leaks.
- Medical gloves for handling drains or changing dressings.
- Small trash bags to dispose of dressings.
- Alcohol wipes to help move fluid through drain tubes.
- Easy to open (Non-childproof) containers for medications
(keep well out of reach if there are children in the house)

This content is a summary of user's tips and suggestions and provided for your general education and information only. It does not necessarily reflect Belong's views and opinions. Belong does not endorse or support any specific product, service, or treatment.