

## Hospital packing list - Mastectomy/DIEP

Packed?	Clothes
	2-3 post surgery bras <i>(front/back fastening depending on what nurse advises, larger than pre-op size)</i>
	2 Front opening night shirts
	3-4 pairs of normal knickers
	2 pairs of high waisted support knickers, 2 sizes larger than pre-op size or binder <i>(if advised by Breast Nurse)</i>
	Clothes to go home in: Front opening shirt, soft waisted trousers, shoes <i>(foldover yoga trousers are good)</i>
	Drain dolly bags <i>(Fab bags for carrying the drains around. Online to buy/charities donate)</i>
	Heart shaped mastectomy pillows <i>(Good for comfort in the car - under arm/over tummy)</i>
	Socks and slippers

Packed?	Toiletries
	Dry shampoo
	Face/body wipes
	Face cream/ cleanser
	Nice smelling body cream
	Toothbrush/toothpaste
	Fragrance free soap/shower cream
	Lip balm
	Toiletry bag (don't pack it too heavy to carry post-surgery)

Packed?	Comfort
	Earplugs for sleeping
	Eyemask for sleeping
	Tablet/phone
	Extra long phone/tablet charger - 3m one works well
	Headphones
	Small desktop fan/ USB plug in type is ideal
	Few snacks
	Cordial (you'll need to drink a lot of water!)
	Sports bottle with internal straw (easier to pick up post surgery)
	Chewing gum/boiled sweets for sucking
	Small amount of money

## Where can I find?

### - Post-surgery bras (note that post-surgery bras are VAT free - ask at the till)

- \* ASDA front fastening, comes in 2 pack

- \* Royce

([www.royce-lingerie.co.uk](http://www.royce-lingerie.co.uk))

- \* Marks & Spencer

- \* Amoena

([www.amoena.com/uk-en](http://www.amoena.com/uk-en))

### - High waisted support knickers

- \* Primark

- \* Amazon

### - Drain bags/ heart shaped pillows

- \* Drain dollies (to buy)

([www.draindollies.co.uk](http://www.draindollies.co.uk))

- \* Mastectomy machinist - donates heart shaped pillows and drain bags

(<https://www.facebook.com/groups/107840480002305/>)

- \* Jen's friends - donates heart shaped pillows, donation to cover postage

(<https://www.facebook.com/Jensfriendsmastectomypillow/>)

- \* Free drain bags for hospital surgery (Facebook group that donate bags)

(<https://www.facebook.com/groups/568536263495964/>)