

Mastectomy Recovery Checklist

How to be prepared before and after a mastectomy

This checklist has been developed in partnership with breast cancer patients, survivors, and physicians. Below are their tips for what to have on hand and what to do as you prepare for a mastectomy.



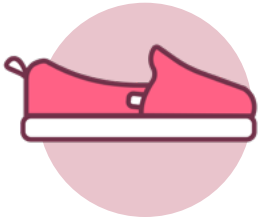
How to prep at home before surgery:

Place most used items in reach

Find a comfortable chair or recliner for sleeping

Grab a wedge pillow for transitioning to a bed

Start a meal train, or ask a friend to host one during recovery



What to bring to the hospital:

Front button and loose-fitting shirts

Yoga pants

Pillow for support under the arm or seatbelt

Slip-on shoes

Snacks

Phone charger



What post-op items to have at home:

“Drain apron,” cardigan or zip-up hoodie with pockets, or a button-up shirt with pockets for drains

Pen and notebook for journaling, tracking medication times, and questions for the doctor

Cooler on the porch, if receiving a meal train

Chair or recliner for sleeping

Dry shampoo

Cleansing or shower wipes

Comfortable pajamas