



LIVING BEYOND
BREAST CANCER®

PHYSICAL CONCERNS



What to pack for breast surgery

The day of surgery your main concern will be the surgery itself. Bringing certain items to the hospital can make your stay more comfortable.

Take clothes that are comfortable and easy to take off or put on:

- a buttoned or full-zip shirt
- comfortable bottoms with an elastic waist
- a shawl or coat to drape over your shoulders if your room (or the weather) is cold. Pulling on a jacket or sweater may be painful.
- a soft cotton camisole with shelf support to keep from irritating the area where you had surgery

Bring:

- simple toiletries for your overnight stay, like wipes and dry shampoo
- a notebook, or a caregiver, to take notes on discussions with your doctor and instructions for your care at home
- extra water, to stay hydrated
- high-fiber snacks to complement the hospital meals
- high-fiber foods help prevent constipation, a common side effect of pain medicines