



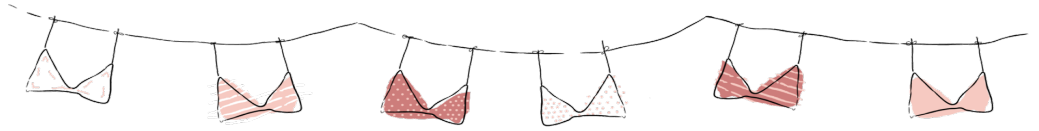
## Mastectomy/Reconstruction List of Suggestions

### \*\*\*DISCALIMER\*\*\*

Please note that this is meant as a *list of suggestions*, not mandatory and not for everyone. Please discuss with your physician. Thank you!

### Things to do to prepare for surgery:

- Set up a list of people to contact post-surgery
- Designate someone(s) to greet visitors and especially to let them know if you're not available
- Set up automatic response on your phone and email, "I'm not available and will get back to you..."
- Set up night table with all that you'll need when you get home (easy-to-use water bottle that's light etc.), remote, magazines, pad and paper etc.
- Unscrew prescription tops or place prescriptions in a reachable dish (can't unscrew tops)
- Put clothes that you'll wear (e.g. button down shirts) on low rod that you can reach.
- Put favorite foods/cups etc. on lower shelves that you can reach (no water bottles that are not already opened – top can be too hard to open)
- Get recliner set up with ottoman so that you can doze off somewhere other than your room if you want (rent seat lift chair, if possible) \*The Pink Chair Project RVA can help! 804-314-7690 | [www.pinkchairprojectrva.org](http://www.pinkchairprojectrva.org)
- Empty your purse and take out what you'll absolutely need to have to go to Drs' appointments etc. or on short walks use fanny pack or similar.
- Set up movies/tv shows/podcasts/music to watch/listen to post-surgery
- Set up chair in bathroom close to mirror
- Handheld shower and shower chair (unless you have a seat in shower)
- Purchase a silk pillow case for extra comfort at night during chemotherapy
- If Dr. approves, get underarms waxed (it may be hard to shave)
- Remove nail polish



## **Additional Tips**

### **Things to buy/collect for hospital:**

- Post Surgical Camisole or Bra with Drain Pouches
- Favorite throat lozenges
- Favorite Chapstick/lip gloss
- Flip flops for shower (if they let you shower) and shower belt for your drain pouches
- Clogs to wear home/shoes that you can step into
- Earplugs to block out extra hospital noise

### **Clothes:**

- Zip up or snap shirts - alternatively, button down
- Zip up shirts, sweatshirts, robes, and pajamas with inside pockets for drains
- Roomy sweatpants (with drawstrings) for ease in pulling on and taking off
- Tank tops/camisoles that you can step into or can easily go overhead and front or back opening bras
- Camisoles/Soft non-wired bras for after 6+ weeks post-op

### **Set up spreadsheets or lists:**

- Drain fluid removal
- Medication administration
- Gifts you receive including meals/rides etc.
- Visitors that come by or call that you can't answer/see (so that you can get back to them)

### **To Buy/Rent For Home:**

- Surgical gloves and wound care supplies (just in case - gauze pads, tape, Neosporin, scissors)
- Favorite body wipes
- Reacher/grabber
- Electric toothbrush (for ease) or soft bristled toothbrush and non-alcoholic mouthwash (incase of sores)
- No-Rinse Shampoo Cap
- Dry shampoo
- Small pillows for underneath arms and seatbelt pillow (to protect port)
- Easy to use bottle for water that's not too heavy
- Plastic cutlery instead of metal if undergoing chemo (metallic taste lingers)
- Hand-held shower attachment for shower and shower bench/seat (if allowed to shower)
- Seat lift chair (for first few days/weeks) or a bed assist bar
- \*\*\*Benadryl (regular non-drowsy for daytime) for itching
- \*\*\* Miaderm Radiation Cream for your skin for itching and/or scarring (you may need a prescription)
- \*\*\*Mild Unscented moisturizer for massaging your scalp if undergoing Chemo treatment and for breast area as it may be dry or itch
- \*\*\*Prescription Nausea Medication
- \*\*\*Melatonin (to help you sleep)