

# 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