What do I need to bring on the day of the operation?

This pre-op checklist will help you ensure you have everything you need to feel comfortable post-surgery:

☐ A sports bra (or a selection) in your new breast size for im mediate fitting after surgery

☐ A loose front-fastening top, as it will be difficult to lift your arms above your head at first

☐ Loose, elasticated trousers

☐ Slippers and dressing gown

☐ Books, magazine and tablet with charger

☐ Wet wipes

☐ Moisturiser and lip balm

☐ Water bottle with a straw, so you can drink more easily when lying down

☐ Snacks—you won't be able to eat before your surgery so you're likely to feel hungry after the procedure. You might also want to pack some crackers or ginger biscuits to help combat nausea.

If your surgeon recommends you need to stay in over-night, you will need to pack loose, comfortable PJs and overnight toiletries.