Hospital bag checklist

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

☐ A sports bra in your new breast size, to wear immediately 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 afterward. You might also want to pack some crackers or ginger biscuits to help combat nausea.

☐ Anaesthetic can make some people feel nauseated.

☐ If your surgeon recommends keeping you in hospital overnight, you'll need to pack loose, comfortable PJs and overnight toiletries.