



POST-SURGERY SHOPPING LIST

ABOUT THIS CHECKLIST:

This is a compiled list of items our patients found useful in their first few weeks of breast reconstruction recovery.

HOME COMFORTS

Flex Straws

Your range of motion will be minimal, and bendy straws make drinking in bed so much easier.

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Single Serve Snaks

Look for soup, jelo, nutrition bars, fruit, nuts, yogurt & carrots.

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Back Scratcher

It may be difficult to reach those hard-to-get itches. A back scratcher will solve that problem in a jiffy.

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Shower Chair

If you do not have a built-in seat in your shower, you can purchase a shower chair for about \$40.

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Medical Recliner Chair

Has the ability to guide you to near standing position, as well as helps you slowly go into a sitting or reclined position.

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BATH & BODY

Hibiclens Skin Cleanser

This is an excellent cleanser to use 1-2 days prior to your surgery to decrease the chance of infection. It does tend to dry out the skin, so

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Uncented Antibacterial Hand Soap

Keeping your hands bacteria free will be important.

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Colace or Other Stool Softener

Pain medication can be quite constipating so it's good to have some of this in your medicine cabinet.

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Colgate Wisp

Brush your teeth and freshen your mouth without water.

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Dry Shampoo

Use dry shampoo to keep your hair feeling fresh and clean.

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Chap Stick

You may experience dry lips post surgery.

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CLOTHING

Traction Socks

No-slip bottoms will keep you safer while walking around and keep your feet warm and cozy.

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Button Down Shirts

This will make it far easier to get dressed and undressed simpler and easier.

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