

My Mastectomy ESSENTIALS CHECKLIST

*"My body knows exactly what to
do to heal itself"*

Surgery Date _____

- ☐ Hire/Buy Recliner Chair

- ☐ Post-Surgery Bras

- ☐ Drains Belt/Mesh Bag for Shower

- ☐ Mastectomy Pillow

- ☐ V Pillow

- ☐ Neck/Travel Pillow

- ☐ Seatbelt Protector

- ☐ Button-up Pyjamas

- ☐ Button up Shirt

- ☐ Zip up Hoodie/Cardigan

- ☐ Soft Headband

- ☐ Cherry Juice (For Inflammation)

- ☐ Period Knickers

- ☐ Electric Toothbrush

www.mymastectomy.com

