

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

