



P.O. Box 1225 • 760-351-1774

Recommended Clothing For Surgical Procedures:

1. A nightgown with snaps or buttons in the front.
 - a. Choose loose clothing especially tops allowing for drain tube.
 - b. Slip on pants, elastic waistband, jogging pants, no jeans with zippers or belts.
 - c. Slip on shoes, thongs, or house slippers.
2. Soft slip on slippers not socks, hurts to bend down and pull onto feet.
3. Your favorite pillow for your head. A small “comfort pillow” for your affected breast after surgery.
4. A light reading book.
5. Get a soft stuffed animal you can cuddle with before and after surgery.
6. A Walkman or headset to listen to your favorite music. Take a favorite CD with you and request your “special music” to be played during your surgery. Most surgeons will honor your request.

After surgery:

7. Upon leaving the hospital, choose a blouse or dress that has buttons or snaps, nothing that pulls over your head . Be sure the blouse or dress is loose fitting.
8. Never have surgery alone. Have a family member, a friend, a neighbor to go and be with you at all times.

