Surgery *Bag Checklist*

Pack the night before you need it, and keep it light. Your surgery center may have its own list, so follow theirs first.

To wear

- [ ] Zip-front hoodie or button-front top
- [ ] Loose, wide-leg pants
- [ ] Slip-on shoes with a back or grippy slippers
- [ ] Soft front-closure bra if your surgeon allows
- [ ] Hair tied low with a soft scrunchie

To bring

- [ ] Photo ID and insurance card
- [ ] Paperwork and your medication list
- [ ] Phone and an extra-long charging cable
- [ ] Glasses and case (no contact lenses)
- [ ] Your helper's name and phone number

Little comforts

- [ ] Rich lip balm
- [ ] Small pillow for the car ride home
- [ ] Ginger chews, if allowed after surgery
- [ ] Water bottle with a straw
- [ ] Cozy socks

For the car

- [ ] Towel or pad on the seat
- [ ] A small bag in case of nausea
- [ ] Pillow between you and the seat belt
- [ ] Prescriptions picked up on the way

Leave at home

- [ ] Jewelry and piercings
- [ ] Valuables and large amounts of cash
- [ ] Makeup, lotion and perfume
- [ ] Anything you would hate to lose

MY EXTRAS