

Pink Hope



Questions Kit
What to take to hospital if you
are having mastectomy

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What to take to hospital when having a mastectomy

Comfortable PJ's	Button up ones as you are always undoing your top and some nice knickers.
Bathroom Products	The normal essentials, add your favourite perfume, dry shampoo, nice soap. Some lip gloss or mascara if you feel up to it.
Pillows	Boomerang Pillow, travel pillow for your neck (bean bag pillow) and underarm pillows supplied which you can get through a Breast Care Nurse.
Sheepskin	To sit on, as your bottom and back does get sore from lying in bed.
Slip on shoes/slippers	Easy to get on and off and roam the hallways.
Dressing gown/shoal	If it gets cool and a shoal/scarf you can wrap around your shoulders.
Books/Magazines	When you start to recover you will need something to occupy yourself.
A Diary/Pen	To record your recovery.
Mobile phone & charger	A must, so easily forgotten.
Some Snacks	Fresh fruit, nuts and general snacks.
Reading glasses	If needed.
iPod/Walkman	To chill out.
Drink bottle	Drink Bottle with nozzle.
Photos/Blue Tac	Your inspiration, your family, your children, husband, partner... Whoever gives you strength and encouragement so you can stick them on the wall next to you.
DVD Player & DVD's	To watch you own movies or home movies on.

“Every journey is different but we all share the same hope.”



Things you need but can't pack! By Pene our Ambassador



- Take in a whole bundle of patience - sometimes things just don't feel like they are going your way. **PATIENCE!!**
- Take your sense of **HUMOUR!!** - it really does help.
- Just because you might be feeling OK, is not a licence to overdo things - for goodness sakes let your body have the time to heal!! **REST!!**
- Be prepared to tell people to **GO HOME!!** Ask the nurses to block all calls and visitors if you feel it is getting too much. You might need to be pretty firm, but that room is your home and space while you are there.
- Learn how to breathe properly. Drop your shoulders down (they magically raise up to the base of your ears when you are in pain) and take deep lung filling sucks in and blow them out until there is nothing left. **BREATHE!!**

And last - but not least...

- Measure your recovery against no one but yourself. **NO ONE!!**

Example:

I had a woman next to me who was up waving her arms around like a complete lunatic within two days, while I was lying there feeling like my ribs had been cracked, my breath sucked out of me and a friendly elephant had taken up residence on my chest. Everything that happened to her put me into a flat spin. I was trying to pull the eject cord, but it hurt too much to raise my arms!! She was the worst thing that happened to me, until I worked out that my body was different to hers and comparisons were not helping me.

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Media Relations:
PR Team at Cross Promotions International
www.crosspromotions.com.au
Phone: 07 5571 1722

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