

Please note!

This information does not replace the information you receive from your surgeon. If there are any differences, you should follow the information from your surgeon.

BUY, BORROW, AND DO

Breast construction surgery

CLOTHING & BEDDING

- Roomy button-down shirts (you won't be able to lift your arms up to put on a t-shirt)
- Easy-to-slip-on pants, skirt or socks
- Easy-to-slip-on shoes
- A bathrobe with pockets (a handy place to put your drains)
- Two weeks' worth of clean clothes
- Extra pillows to keep you comfortable and supported
- Put fresh sheets on the bed

FOOD & HOME

- Prepare a week's worth of meals
- Stock up on groceries
- Move frequently-used items in your bedroom, kitchen & bathroom, etc. to places that do not require reaching
- Pay your bills

PERSONAL CARE (AS NEEDED)

- Get a hair cut
- Hair removal
- Clip finger nails/toe nails/pedicure
- Get some baby wipes or face towels to help feel clean until you can shower again

WORK (IF RELEVANT)

- Apply for a leave of absence from work
- Apply for Medical Employment Insurance
- Create a return-to-work plan with your employer

For more information, please visit transcarebc.ca

MEDICAL CONSIDERATIONS

- Any special soaps your surgeon recommended you buy
- Any bandages your surgeon recommended you buy
- A good supply of your usual prescriptions
- Gravol or ginger to help with nausea (optional)
- Prune juice or stool softeners to help prevent constipation (optional)
- Get fitted for and buy the recommended post-op compression bra/garment (Some surgeons sell this vest in their office). It's usually less than \$100. (If you have Ministry of Social Development and Poverty Reduction coverage for 'Persons with Disability', your provider may be able to apply to the Ministry of Social Development and Poverty Reduction to have this covered as a medically essential need).
- Book post-op appointments with your doctor or NP (based on your surgeon's recommendations)
- Consider filling out a Representation Agreement to name someone you trust to make healthcare decisions for you in case you are not able to make them yourself
- Register for Fair PharmaCare (you may be eligible to get your discharge prescriptions at a reduced cost with Fair PharmaCare Plan)
- Some providers charge fees for filling out paperwork (ie: for time off work or travel forms). Set aside some money (\$30-\$60) just in case it is needed

EMOTIONAL AND SPIRITUAL CONSIDERATIONS

- Find meaningful activities you can participate in during the healing process (e.g. mindfulness, spiritual gatherings, meditation, support groups, sharing time with others)
- Stock up on items you use for ceremonial practices (e.g. smudge or brushing items)
- Stock up on art supplies (e.g. beading, cedar weaving, watercolor paints, sketchbook, etc.)
- Make appointments for before and after surgery with your counsellor, mentor, elder, knowledge-holder or mental health worker, if applicable
- Connect with others who have had this surgery
- Make a list of things you are looking forward to after surgery
- Write yourself a letter with words of encouragement for when you feel down

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