

## Your needs (and wants!) while in hospital

This is quite an extensive list, so not all items will be for everyone. There are some notes below talking you through the items you may need. Particularly, if you're a fella looking at this, there may be quite a few things that won't apply to you, so please ignore those. There's also a spot to add any personal extras you want to remember.

- Buy **bigger underwear**, to account for swelling after surgery (being cut out of my underwear by the nurses is a memory I'll never forget!) I wear a UK 10 – 12 and I buy a UK 14 – 16. The same goes for your trousers too, you need something comfy and with an **elasticated-waist**, think **jogging bottoms / sweat pants**. Taking clothes that are easy to put on and take off will make a lot of difference.
- **Slippers** that have a strong grip and fit your foot properly – so no mules, bare slippery socks or backless slippers, this could cause falls, the last thing you want!
- Ensure that you take **properly fitting shoes** – if you have shoes without laces, this may make thing a little easier to begin with.
- **Squash / Cordial** to add to the water. You can sometimes be left with a bad taste in your mouth after surgery. Also, water can start to taste bad when left for a while.
- Sucking **mints or boiled sweets** can help a dry mouth/throat and help with the bad taste after surgery/anaesthetic
- Hospital wards are busy places, during the day and night. If you aren't fortunate enough to be given your own room, then having **ear plugs** will help with sleeping through the hustle & bustle and that other patient who talks in their sleep! It's also handy to take an **eye mask**, sometimes, the lights can go on in the middle of the night, or can be a bit bright if someone else is watching TV. It also helps for daytime snoozes.
- I always take my **own pillow**, it really makes all the difference having home comfort.
- Wearing a **nightgown / night-shirt** instead of PJ's gives easier access to the nurses/doctors checking your surgical area. It's also easier when going to the toilet,
- Take a **lightweight dressing gown**, not a winter, heavy robe that you'll be battling with every time you move. You don't need the extra weight or hassle.
- When you come out of surgery, and general anaesthetic, your lips can get very dry. The oxygen mask really dries out your skin, especially around your nose. So, **moisturiser** to relieve your skin and **Chapstick / lip balm** for those dry lips.
- Taking something to pass the time is a good idea, a **book / magazine**, your **tablet**, etc, however the likelihood is that you'll be too tired or busy to use them. I found my tablet

useful when I was struggling to sleep – watching mindless programmes helped distract me if things got bad though (most hospitals now have WIFI – be sure to ask when you get on the ward).

- Unfortunately, charger leads for phones these days can be quite short in length. After surgery, your movement will be restricted, so twisting to reach for your phone or tablet that is plugged in isn't going to work. Thankfully, the likes of Ebay and Amazon sell **extensions for your charger** for a relatively cheap price. (Having Netflix on my tablet while I was in hospital for Rehab for a week was a blessing).
- Having your favourite **fragrance** can be a treat for when you're feeling a bit low. It's also very useful to freshen the air when after anaesthetic you are left with the most atrocious wind (yes, I'm afraid to say this happened to me... but it comes to us all, does it not. But maybe don't take the Chanel!).
- If you're unable to get up from bed to begin with, having a wash with **soap / shower gel and flannel** while in your bed may be encouraged and will make you feel a whole lot better.
- Some, not everyone, are partial to a bit of rouge from time to time – I know that it can really make me feel a lot more human when I have my 'mask' on, so for that reason I have put **make-up** on the list. Each to their own, hey!
- **Dry shampoo** really does make up for the fact you may not be able to (or feel like!) washing your hair to begin with. But if you do feel up to washing your hair, having a travel **hairdryer** may come in handy.

Happy packing!



# Hospital Checklist



## CLOTHES

- Elasticated-waist trousers/shorts
- Underwear (BIGGER size)
- Nightgown / Nightshirt
- Dressing gown
- Slippers
- Hoodies
- T-shirts / vests



- Socks & sturdy shoes

## DRESSING & WASHING AIDS

(If these are required, check before admission - as these items may be provided for you and will be more needed at home)



- Grabber / Reacher
- Sock aid
- Long-handled shoe-horn
- Long-handled sponge



## OTHER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## WASH BAG & VANITY

- Tissues
- Wet wipes
- Lip balm / Chapstick
- Hair bands
- Brush & Dry shampoo
- Shampoo / Conditioner/ Haird
- Female sanitary products
- Toothbrush / Toothpaste
- Soap / Shower gel
- Flannel / Sponge
- Your favourite moisturiser
- Make-up (if you're so inclined)
- Small mirror
- Your favourite fragrance / Aftershave
- Razor



## EXTRAS & ESSENTIALS

- Squash / Cordial
- Mints / Boiled sweets
- Ear plugs & eye mask
- Phone/Tablet/Electricals
- Book / Magazine
- Extra-long cable for your charger
- Your own pillow from home
- Spectacles
- Medication (in their own packets)

