



**TORRANCE MEMORIAL**  
A CEDARS-SINAI AFFILIATE

Hunt Cancer  
Institute

# Mastectomy and Breast Reconstruction Pre-Op Class: Day of Surgery Checklist

Today's the day!

- I haven't eaten or drank anything since midnight last night (including chewing gum, candy and mints) except medication(s) I was instructed to take with sips of water.
- I haven't put on any makeup, perfume, lotion, deodorant, or hair spray.
- I know where I'm going and I have someone to drive me, pick me up, and/or stay with me at least 24 hours after surgery.
- I am wearing loose-fitting, comfortable clothing with a loose shirt that buttons or zips up the front and rubber-soled/nonskid shoes or slip-on shoes that are easy to walk in.
- I am giving myself plenty of time to get to the hospital.
- I am not wearing any contact lenses, hair pins, dark fingernail polish, artificial nails, metals, or piercings on my body.
- I left all my valuables at home, including my wallet/purse, cash, credit cards, and jewelry (rings, earrings, and watches). I only have my photo ID, insurance card, eyeglasses, dentures, and hearing aids.
- I'm taking a car that is easy to get in and out which will make it easier for me when I leave the hospital and get discharged home.
- I packed minimally. I have my toiletries (toothbrush, toothpaste, hairbrush, combs, lip moisturizer, deodorant). I brought earplugs and an eye-mask to help me sleep better in the hospital.
- I will choose one, or at most two, designated caregiver(s) and/or support person(s) to help me out or visit me while in the hospital. A crowd may increase the risk of infection for both me and my visitors.