

Temple Gender Affirming Surgery Program

Top Surgery Post-Op Supplies Checklist

These are all supplies that can be purchased at drug stores, grocery stores, and/or online from Amazon or similar. Any brand names are suggestions/examples. We have emphasized in bold what specifics are most important to look for as you shop.

If you have any questions about whether a product is appropriate, or about anything on this list, contact our RN, Annika Michaels, at Annika.Michaels@tuhs.temple.edu

MUST-HAVES

- Mild, unscented soap for showering (e.g. Dove, Cetaphil, Aveeno)
- Wedge pillow or extra regular pillows to comfortably support yourself sleeping with your torso slightly elevated
- Reusable ice pack(s)
- Button-front or zip-up shirts or other tops which can be easily put on without raising arms overhead

NICE TO HAVE

- Zip-front compression vest (e.g. XUJI zip chest binder, on Amazon) – we will provide ACE wraps, but some patients find the vest more comfortable
- Protein shakes – protein is important to healing, and liquid nutrition may help especially if you experience some nausea early in the healing process
- A “mastectomy pillow” (e.g. Renova Medical Wear Mastectomy Pillow on Amazon) and/or a “reading pillow” – not necessary but you will be resting more than usual and want to be comfortable.
- Reusable straws or cups/bottles with built in straws – raising your arm to drink without a straw can be difficult or uncomfortable at first
- A step stool – since you will not be able to reach overhead for some time, this can help with reaching items on shelves or in cabinets
- *** Community! ***** – a strong central support person is vital, but other friends and family can help bring you home-cooked meals, keep you company, and cheer you on!

