



Surgery Packing List

For overnight or longer

A support person to drop you off and collect you

Your appointment letter showing the date, time and location of the surgery

Medication, and list of medication including supplements and holistic treatments

Notes of Medical History i.e. past surgery, allergies etc

Questions for surgeon/nurses

List of topics and questions you want to discuss

Toiletries

Toothbrush & paste, shampoo, face wipes, hair brush/elastics/slides, dry shampoo, glasses, period pads/pants

Entertainment

Remember to join the Wi-Fi before surgery, puzzle/activity book & pen, book, magazine, notebook & pen

Phone/Tablet and long charger cable with plug

Clothes and Shoes

Loose fitting comfy PJ's, an easy on outfit to travel in, pants, socks, loose/slip on shoes, slippers, dressing gown

Mints,/peppermint tea/alternative for gas relief

Squash and snacks

Headphones

Throat sweets to prevent tickles

For the Car

Pillow for under seatbelt, bucket (just in case)