

# Mastectomy Purchases ( . ) ( . )

This is everything I bought + notes about my experience and what has worked!

## Pillows:

- [Airplane Neck Pillow](#): Absolute MUST. Bring it to the hospital because it's really hard to get comfortable those first couple of nights while sitting upright
- [Wedge Pillow](#): Also a MUST. Have this at home. The wedge pillow reduces the strain of getting up because it positions you at a steep angle
- [Bed Pillow](#): Absolute MUST to hold your things while you're hanging in bed at home recovering.
- [Bolster Pillow](#): You need to put something more supportive than a regular old pillow beneath your knees to encourage blood flow and ease the pressure on your lower back.
- [Full Body Pillow](#): You want to avoid rolling over and putting undue pressure on the breast area, and these pillows provide a barrier to prevent that
- [Recovery Pillow Set](#): You use these across your chest while you heal, and under your armpits if you're having lymph nodes removed. \*This has been a must for me while I've entered week 3-4 with my drains out and starting to roll to my sides with my spacers. I'm still using it at 6 weeks as I get used to side sleeping again.
- [Single Recovery Pillow](#): I bought a second to keep downstairs in my house (kind of like a boppy, you want to have a few hanging around)
- [Seat Belt Cushion](#): You'll need this for driving, I didn't find it super useful until I started getting filled and will need it for radiation. I was able to drive once my drains were removed and haven't needed it.

## Clothes:

- Drain shirts: I didn't want to be carrying my drains around for the 10+ days I needed them, so I bought these shirts:
  - [Gray tank top](#)
  - [White tank top](#)
  - [Black short sleeve shirt](#)
- Pajamas with drain pockets
  - [Set 1](#)
  - [Set 2](#)
  - [Set 3](#) (these are fun, great gift)
- [Drain bathrobe](#) (this is cute, great gift)
- [Recovery bras](#) (after drains are removed)
  - Dana Farber gives you [this brand of bra after your surgery](#). They're great. Ask for extra (I ended up ordering a few), and go a size up b/c you'll be swollen.
- Recovery clothes: You can only wear zip up shirts for a few weeks, and home from the hospital, so I bought these. You need easy to pull up pants as well:
  - [Sweatshirt \(with drain holders\)](#)

- [Pants](#)
- [Sweatsuit to wear home from the hospital](#) (get yourself something nice!)
- \*\* I dug out my old nursing shirts (ironic!) that were large and buttoned/zipped in the front to keep my drains tucked away. I ended up out to eat a few times once I was out of bed, and went to a school event for my kids - you couldn't see the drains at all!

#### Other:

- Shower lanyards: to keep your drains out of the way when you shower, I got 2 kinds:
  - [Chord](#)
  - [Mesh Bag](#)

#### Brands

- Of everything I bought, [Kelly Bee Designs](#) is the best quality, worth the investment to feel good!
- <https://www.anaono.com/> is great too, more clothes for after recovery.

#### Other notes:

- Buy a bunch of [ABD pads](#) & drain gauze squares and/or ask the hospital to give you tons to take home. You'll need them.
- Reminder: You'll need to go a size up in bras from the hospital from the pads and swelling. Ask for a bunch from the hospital to take home.
- I met with the Dana Farber nutritionist who recommended [Juven](#) as a healing supplement. I purchased it and took it 2x per day until it was gone. I also requested it when I stayed at the hospital. I think it made a big difference in my quick recovery.
- Move your body : ) as much as you may not want to, get up and move. I had my closest friends come by and take me for short walks the first 2 weeks. Getting outside and showered and dressed makes a huge difference. After my drains were removed my focus = 10K steps per day.
- I got something called chording and ended up working with an [amazing physical therapist](#) who came to my house to help me heal, prevent lymphedema, and get started with something called the "Strength after breast cancer" workout program. Even if you don't get chording or lymphedema, I can't recommend proactive physical therapy enough.