

RECOMMENDED ITEMS TO PACK FOR YOUR PECTUS SURGERY

PAPERWORK

- Patient Itinerary
- Photo ID and Insurance Card

TECHNOLOGY

- Cell Phone and Charger
- Headphones (wireless units minimize cords)
- Tablet/ Laptop and Charger
- Portable Speakers or Phone Docking Station

TOILETRIES AND PERSONAL CARE ITEMS

- Earplugs
- Shampoo
- Body Wash/Facial Soap
- Toothbrush and Toothpaste
- Lotion
- Sleep Mask
- Conditioner
- Dry Shampoo
- Shaving Necessities
- Chapstick/Lip Balm

CLOTHING

- Button-Down Shirts
- Comfortable Shorts and/ or Yoga Pants
- Loose T-Shirts
- Flip-flops, Sandals or Slippers
- Zip-Up Hoodie
- Underwear (Sports bras or front-closure bras work well for female patients)
- Socks

OTHER RECOMMENDATIONS AND HELPFUL TIPS:

- You may bring snacks for when you feel up to eating.
- It is advisable to leave valuables at home.
- Please remove body-piercings, nail polish and jewelry before your surgery.

ADDITIONAL ONLINE RESOURCES:

- You can also get a one month free trial to Netflix, simply sign-up online.
- Visit the Mayo Clinic Patient/Visitor Guide for more information regarding amenities and your stay at the hospital: <http://www.mayoclinic.org/patient-visitor-guide/arizona>
- Visit "Dr. Jaroszewski Adult Pectus Community" on Facebook for more helpful tips.