



Brain Surgery Checklist

As you prepare for surgery and pack your hospital bag remember: ***“You are strong, you are prepared, you can and you will do this!”*** See you on the healing side!

Must Haves

- Comfy clothes (pjs, sweats, tops that button and zip in front)
- Neck pillow (preferable the u-shaped travel kind)
- Chapstick (your lips will thank you)
- Face wipes (cleansing towelettes)
- Lotion (face and body)
- Toothbrush and toothpaste
- Brush/ comb/ hair ties
- Notebook and pen (to write down any feedback and direction post-surgery)
- Socks (with rubber bottoms so you don't slip on the way to the bathroom)
- Earplugs (hospital machines and staff are fairly loud)
- Easy on and off bra/ undergarments
- Slides or shoes without laces (something easy to go home in)
- Cell phone and charger/headphones (ear pods)
- Your medications and allergies
- Eyeglasses/ contacts

Nice To Have

- A playlist with relaxing music and or meditations
- Eye drops (the air and ventilation is strong in the hospital your eyes may dry out)
- Snacks (soft, easy to chew treats in case you get hungry)
- Cards, games, or a book to keep yourself busy
- Downloads (movies or TV shows, maybe an audiobook to listen to)
- Positive notes to read post-treatment (recruit friends and family to write some)
- Dark sunglasses for the ride home
- Gatorade or vitamin water to stay hydrated
- Your preferred feminine products

Remember: Remove all jewelry, no nail polish, no hair products, no lotions or perfumes on your body, shower/ shave beforehand; lastly set a good intention before you depart.

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