

Post surgery essentials

- Peppermint tea & mints to help with gas pains
- Stool softeners to avoid constipation & straining
- Buscopan to help with stomach cramps
- Loose fitting nightie or pyjamas to avoid rubbing against the incision sites
- A little basket next to your bed with all your essentials so you're not getting up to get them
- Full body pillow to keep you comfy in bed or on the sofa
- Pain relief such as Paracetamol & Ibuprofen if you can take them
- Dextro tablets to help with energy
- Dressings so you can apply them fresh after a shower
- Loose fitting clothing for when you're up & about
- Comfy knickers
- Pads & period knickers

