

## Abdominal surgery / C-section packing list

For hysterectomy, C-section, hernia repair, gallbladder, abdominoplasty, bowel resection, abdominal cancer surgeries. *The waistband is the ongoing issue. Pack accordingly.*

### HOSPITAL BAG

- Soft button-front pajamas (2 sets)
- Loose pull-on pants (high-rise above the incision)
- High-rise cotton underwear, 1 size up (5+ pairs)
- Soft camisole or modesty top to wear under the gown
- Slip-on shoes
- Robe (button-front, easy on/off)
- A pillow for the seatbelt on the ride home
- Toiletries (fragrance-free)
- Phone charger
- Tablet, earbuds
- Lip balm
- Insurance card, ID, medication list
- Nursing tank top + nursing-friendly tops if C-section

### HOME PREP

- Lay out 5 days of high-rise underwear and loose pants
- Stock pads / postpartum supplies if applicable
- Pre-cooked meals for week 1
- Bedside station — water, meds, phone, snacks
- Confirm rides for the first 2 weeks (no driving)
- Pre-fill prescriptions

*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*