



Shopping Checklist

GUIDE: WHAT THE DOCTOR DIDN'T ORDER

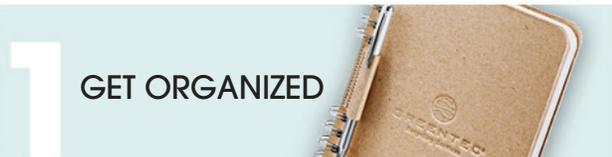
Product tips and lifestyle solutions to help you heal in comfort and recover with dignity, self-esteem and style

Check With Your Doctor First

Speak with your doctor before purchasing undergarments, specialty clothing, or skincare products to be sure that they are safe for your recovery.

It Pays To Ask

Your insurance may cover some or all of the cost of post op and treatment recovery products with a prescription from your doctor. Coverage may include items needed on an ongoing basis. Often suppliers will work directly with your insurance company.



1 GET ORGANIZED

Choose organizers tailored to your specific lifestyle needs.

- Daily Planner & Organizer
- Portable file box
- Personal Journal
- Pill Organizer
- ***CBG Pick:** Cancer planner that tracks treatment, appointments, and medication while providing helpful coping tips. Set includes a personal journal.



2 HOSPITAL STAYS

- Travel size personal care items.
- Lightweight wrap robe, calf length or shorter. Pockets are a plus.
- Slip-on style slippers with good rubber soles. Avoid flip-flops.
- Large Binder Clip: Make charging electronic devices easier while coping with limited mobility. Clip all the cords together and attach the clip to your bed sheet, close to you.
- Small pillow to slip under seatbelt for the ride home.
- ***CBG Pick:** Personal hospital gown and matching robe. "Feel like a person not a patient."

3 POST OP NECESSITIES



SLEEPWEAR, LOUNGE WEAR & CLOTHES

- Easy on and off styles including button-downs, wraps, and pants with drawstring or elastic waistbands. Fabrics should be soft and breathable, like all natural cotton.
- Lightweight wrap robe with pockets, calf length or shorter. Bed jackets are ideal for an easy, quick cover up.
- Easy-on slippers with rubber soles. Slipper socks work in or out of bed.
- ***CBG Pick:** Button-down nightshirts are a fav for ease and comfort!

UNIQUE TO YOU

Suggestions for specific post op recoveries.

DRAIN MANAGEMENT GARMENTS

- Apparel specifically designed to hold and conceal drains. Options include camisoles, shirts, sweatshirts, belts, and stick-on pouch pockets.

LUMPECTOMIES & MASTECTOMIES

- Pocketed camisoles, bras, and sleepwear designed for limited mobility, sleep, leisure, exercise and more.
- Breast forms and shapers.
- Reconstruction camisoles and bras.

UNIQUE TO YOU *(continued)*:

CHEST & LUNG SURGERY

- Easy access clothing: Front closure bras, soft camisoles, button-down tops and sweaters, and wrap styles.

ABDOMINAL & PELVIC SURGERY

- Abdominal binders, pocket-less or with pockets for cold packs.
- Underwear: 100% cotton underwear should fall above or below incisions. Additional options include mesh panties worn immediately following surgery, post-op compression panties that reduce scarring, tummy control underwear for light support, and granny panties, full cut for comfort.

OSTOMIES

- Undergarments: Select underwear that will not irritate your stoma, with elastic that falls above or below it.
- Apparel with interior pockets designed to conceal pouches. Clothing styles include underwear, lingerie, sleepwear, fashion and intimacy wraps, pouch covers, and swimwear.
- Support And Exercise: Ostomy belts provide added protection and support for exercise and sports.

4 **R&R: REST & RECOVER FROM SURGERY & TREATMENT**



- Great pillows: Head, neck, breast, tummy, and ostomy pillows that provide comfort and support following surgery. Bed lounge with side arms for sitting up, and a full body pillow for extra support.
- Soft sheets: (2) sets of 100% cotton sheets. Pamper yourself—300 thread count and above.
- Nice to have: Bed tray, small bedside table for water, pills, cellphone and other essentials, a cozy throw blanket, and an electric kettle for a cup of soothing tea in bed.

5 **TREATMENT: RADIATION & CHEMOTHERAPY**



RADIATION

Avoid tight clothes and dress to prevent skin-on-skin contact. Choose natural fabrics that are breathable like cotton and silk.

Clothing: Based on radiation location

CHEST & BREAST

- Radiation camisoles or bras with extra fabric over the shoulder or under the arms to prevent chafing
- All cotton T-shirts or undershirts (One size larger than you normally wear)
- ***CBG Pick:** Personal radiation wrap designed for breast or chest radiation. Doctor approved gown comes in a matching carrying bag for each treatment.

ABDOMEN & PELVIS

- 100% cotton underwear with a soft waistband.
- Wear loose, cotton or silk pants with drawstring waist that won't rub against skin,

CHEMOTHERAPY

Dress in comfortable, breathable clothes that are easy to take on and off. Layering helps manage body temperature fluctuations and chemo-induced menopause hot flashes.

- Clothing designed for easy port-access. Styles include fashionable tops and pants.
- ***CBG Pick:** Tracksuit with hooded top and drawstring pants with zippers strategically placed for easy port access.
- Soft, simple hat or headscarf, if experiencing hair loss.
- Lightweight cardigan or pashmina.
- Large tote bag with interior pockets for your chemo "must-haves."
- Chemo provisions: hard candy, tissues, hand sanitizer, lip balm, small u-shaped travel pillow, and cozy throw blanket.

☐ RADIATION AND CHEMOTHERAPY: SKINCARE & BEAUTY PRODUCTS

Always check with your radiologist or oncologist before using skincare products, particularly on the day of treatment.

- Skincare: Products specifically created for radiation and chemotherapy sensitive skin. These include body washes, soaps and shampoos, moisturizers, and lip balms.
- Sun protection: Sun protection is extra important during treatment. Opt for sun protective clothing like hats and shirts with UPF 50+ built into the fabric. Sunglasses should provide 99-100% UVA and UVB protection. Sun block must be SPF 30 or higher and protect from both UVA and UVB rays.
- Mani-Pedi lovers: Select water-based, non-toxic nail polishes and removers.

6 STYLISH OPTIONS FOR HAIR LOSS



Hair loss is very personal. Some women embrace this change and for them, "bald is beautiful." Other women prefer a head covering like a wig, hat or head scarf. Our recommendation, find what feels right for you. Don't be afraid to experiment.

☐ WIGS & HEAD COVERINGS

- Wigs and accessories: Options include synthetic fiber wigs, human hair, or hybrid hair wigs that blend both. Wig caps, headbands, and clips are accessories that add comfort and fit.
- Halo wig: An alternative to a full wig. Halos are a ring of hair designed to be worn under a hat or scarf to mimic a full head of hair.
- Head scarves, hats or caps with hair: Synthetic attached hair creates the illusion of a full head of hair.
- Head scarves: Available in a variety of fabrics, patterns, and styles. Some come pre-tied or with matching scrunchies. A cotton scarf pad will add height and keep slippery fabrics like silk in place. Scarf tying videos are available online.
- Square scarves: Any square scarf 35" by 35" or larger can be tied into a headscarf. Linen, cotton, or jersey work well.
- Hats: Opt for hats and caps specially designed for hair loss. They provide better coverage than regular hats.
- Sleep caps: Protect your scalp and keep your head warm at night.
- Sun protective hats And caps: UPF 50+ sun protection built into the fabric.
- Exercise caps: Made from wicking fabric that draws sweat away from the skin.
- ***CBG Pick:** A Chemo Beanie is stylish, lightweight, folds into your pocket and slips on easily for any occasion.

☐ EYE LASHES & EYE BROWS

- Eyebrow pencils: Choose a shade close to your hair color.
- Eyebrow stencils: Template for achieving consistent eyebrows. Available in a variety of shapes and sizes.
- Eyebrow wigs: Pre-shaped, stick-on eyebrows made from human hair.
- False eyelashes: Individual, cluster or interval, or full strip eyelashes.

7 GLAM ACCESSORIES



The goal of accessorizing is to draw attention to the areas on your face and body that you want to highlight and to express your own personal style.

- Eye-catching jewelry or statement pieces
- Sophisticated or colorful fashion scarves and hats
- Glam pashminas and wraps
- Chic belts, a must-have handbag, & hip sunglasses
- Great shoes and boots (of course!)