

# Scoliosis Surgery: Hospital Checklist

## Clothes

- Dressing Gown
- PJ's/Nighties
- Slippers with grip
- Comfy socks
- Underwear
- Comfy loose clothes
- Fruit squash
- Dry biscuits
- Healthy snacks
- Mints

## Toiletries

- Wash bag
- Body wash/shower gel
- Face wipes
- Body wipes
- Antibacterial hand gel
- Soap
- Moisturiser
- Toothbrush
- Toothpaste
- Deodorant
- Body spray
- Lip balm / Vaseline
- Tissues
- Shampoo
- Dry shampoo
- Shaver
- Sanitary Towels
- Bath towel
- Hand towel
- Flannel/sponge
- Hair brush
- Hair bobbles/clips

## Food/Drink

- Drinking straws
- Plastic beakers

## Entertainment

- Books
- Magazines
- E-reader
- Tablet
- Phone
- MP3 player
- Headphones
- Pen
- Notepad/paper
- Phone charger

## Personal belongings

- Purse and small amount of money
- Hospital paperwork and admission letter
- Medication and dosage details
- Reading glasses
- Emergency numbers, including for your GP

## Home comforts

- Ear plugs
- Sleeping mask
- Favourite blanket
- Pillows

Living with Scoliosis

LIFE AFTER SCOLIOSIS SURGERY

[www.helpformyscoliosis.com](http://www.helpformyscoliosis.com)