Packing List for your Clinic Bag

2 more Tips to Prepare for your Surgery

Jewelry and percings must be removed before your surgery. It is best to leave valuable jewelry at home. You should also remove nail polish before the procedure so that your oxygen saturation can be measured.

Important Documents

- all medical documents of your previous examinations
- instruction of the treating physician or doctor
- identity card, vaccination card, insurance card
-] List of medications
- Contact details of an emergency contact other documents:

Clothing

- Loose tops and pants
- Jacket
- Enough comfortable and loose underwear
- Pyjamas
- Thick and thin socks
- Slippers and bathing slippers
- Bathrobe
- Other clothes:

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Toilet bag

Medicines, food supplements Toothbrush and toothpaste Shampoo (e.g. dry shampoo) and shower gel Vaseline/Bepanthen 1 small towel, 1 large towel, 2 washcloths Panty liners and sanitary napkins Brush Glasses, contact lenses and contact lens solution Other cosmetic items:

Other

Mouth guard
Small pillow and cuddly toy
Lucky charm
Entertainment: books, magazines, card game, coloring materials
Diary and pen
Playlist or podcast on cell phone
Wallet with cash
Earplugs and sleeping goggles
Food, snacks, candy
Chewing gum or products for gas-related ailments
Also:

Technology

- Cell phone + charger Laptop/tablet + charger
 - Headphones
 - Small game console
 - Powerbank
 - Other technology items: