

Your Surgery Day Hospital Bag Checklist

Keep this list accessible the night before your surgery.

- Photo ID and Medicare card** - required for hospital admission
- Health insurance card and documents** (if applicable to your procedure)
- MINKST pre-operative paperwork** - consent forms, post op instructions and any documents your team has requested
- Front-opening or zip-up top to wear home** - avoid anything pulled over the head, especially for breast procedures
- Comfortable loose pants and slip-on shoes** - what you'll change into before discharge
- Glasses only** - contact lenses must be removed before general anaesthesia
- No jewellery or piercings** - leave everything at home, as metal cannot be worn during surgery
- Charged phone and headphones** - for music, entertainment, or staying connected while you wait pre-op
- Something to read or watch pre-surgery** - a book, podcast, or downloaded shows make waiting time easier
- Lip balm and hair tie**
- Support person confirmed with their number saved** - confirm the collection plan with them the night before

Important: Do not eat or drink anything from midnight the night before your surgery unless your MINKST team has specifically advised otherwise. Arrive with no makeup, nail polish, or fragrance applied.

If you have not yet got a quote from our team, [contact us here](#).