

Support from our Little Lifts Community

We wanted to share with you some useful tips to help before and after your surgery. You can find more information and useful links to support you on our website, www.littlelifts.org.uk

- 1 Plan your surgery into manageable steps. Ask family and friends for any help you may need.
- 2 Eat a balanced diet before and after your surgery to support your recovery.
- 3 In preparation, keep active as this can help with your physical and emotional wellbeing leading up to your operation. Speak with your medical team about when you can continue physical activity post operation.
- 4 Be kind to yourself, take a rest when you need to and pace yourself. Take time to enjoy some fresh air, this always provides a little boost.
- 5 Wear comfortable clothing after surgery.
- 6 To help support your emotional wellbeing, relaxation aids and apps may help.

Would you like to give feedback?

If you'd like to tell us about your Little Lifts Box experience or have any suggestions to make it even better, then please let us know.

Email feedback@littlelifts.org.uk, write to us using the enclosed feedback form or submit your form online at www.littlelifts.org.uk/got-a-box

You can also say hello over on socials.

 [littlelifts.uk](https://www.facebook.com/littlelifts.uk)
 [littlelifts_uk](https://www.instagram.com/littlelifts_uk)
 [littlelifts](https://www.linkedin.com/company/littlelifts)

Little Lifts is a registered charity in England and Wales (no.1170737)
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A little gift just for you



little lifts

Hello, we're Little Lifts

We're a small but mighty charity, here to offer you a little gift to help you prepare for your surgery, before and after. We started after our founder, Oa, went through breast cancer treatment in 2014. Since then, we have pledged to offer Little Lifts Boxes to every person who goes through breast cancer treatment.



About your Little Lifts Box

We've packed your Little Lifts Box full of carefully selected items to help provide practical support and some little boosts you might appreciate (and need) before and after your surgery.

We understand that everyone's experience of cancer treatment is different, but this Little Lifts Box is here to help you through.

With love from us all
at Little Lifts x



Disposable wipes
These eco-friendly wipes may come in handy during your hospital visit/stay.



Hand sanitiser
Always a handy item to have in your bag.



Cordial
A tasty way to keep your fluid intake up. Simply add to still or sparkling water.



A reusable straw
Use again and again with your favourite drink or water so that you can stay hydrated.



Moisturiser
To help your skin heal following your surgery*.

*Your medical team will advise when you can start moisturising.



Teabags
Herbal tea to help keep you hydrated. They can also soothe and help you sleep.



Chocolate
A little luxury, because you deserve it.



Face & body wash with a flannel
Using unperfumed shower gel or soap keeps you clean following surgery. We've provided an eco-friendly flannel to make washing a bit easier.



Eye mask
A heated eye mask for when you need a little nap.




Notebook & pen
Useful to note down questions, or any feelings or thoughts.



Seeds
Give them some TLC and watch them grow!



Tote bag
To carry all the essentials to your surgery appointment. Plus, always useful for shopping!

Your Box was packed
with  by _____