

Pre-Operative Shopping List

The following is a list of items that should be purchased prior to surgery in order to prepare for and more easily recover from surgery.

Have	Need
_____	Prescriptions – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping.
_____	Tylenol or a generic form of this drug – this will be the drug of choice once you do not need the prescription strength pain medications.
_____	Multivitamin – to take prior to surgery and during your recovery for maximum health.
_____	Germ-inhibiting soap, such as Dial , Safeguard , or Lever 2000 – to bath with prior to surgery in order to minimize germs. We advise washing your hair the morning of surgery. You may use your regular shampoo and conditioner, but do not add any other hair products after you rinse ie: gel, mousse, spray, etc.
_____	Straws – you need to drink a lot of fluids after surgery in order to help get the anesthesia out of your body quicker and straws will help you drink more.
_____	Frozen Peas / Corn – these are great as “ice packs” for facial areas. Get 2-4 packages so that you can use 1 or 2 and have the others freezing.
_____	Bacitracin Antibiotic Ointment
_____	Q-tips
_____	Hydrogen Peroxide
_____	AFRIN Nasal Decongestant Spray
_____	Gentle foods – to encourage eating and not upset the stomach initially.
_____	Clear Soda (not diet): Ginger Ale, 7-Up, Sprite
_____	Plain crackers, saltine (best w/o salt), not buttery like Ritz
_____	Soups, water based not cream based
_____	Pudding / Applesauce / Jello
_____	Toast
_____	Other Arnica Montana 30C – Take 4 – 5 beads (do not touch them / use cap) every 4 – 5 hours. Start day before surgery, and continue 7 – 10 days after surgery. NO TOPICAL ARNICA MONTANA on the face.
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