

Patient Name: _____

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.

- 1) **Prescriptions** – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping at the pharmacy.
- 2) **Tylenol** (Acetaminophen) – If you are not allergic to it. This will be the drug of choice once you do not need the prescription strength pain medications. **(No Aspirin, Ibuprofen, Aleve or other NSAIDs)**
- 3) **Centrum Multivitamins** – to take prior to surgery and during your recovery for maximum health. (No herbal supplements or other Vitamin supplements)
- 4) Antibacterial soap, such as **Dial, Safeguard, or Lever 2000** – to bathe with the night and morning prior to surgery in order to minimize germs.
- 5) **Straws** – you need to drink a lot of fluids after surgery in order to help keep hydrated and straws will help you drink more.
- 6) **Baby Wash Cloths or “Gel Packs”** – these are great as “cool compresses” for facial areas. Get 2-4 packages so that you can soak in an ice-water bowl & use as much as possible for the first 48 hours after surgery. But do not get your nose cast wet for the first 5-7 days.
- 7) **Bacitracin** or other antibiotic ointment.
- 8) **Q-tips** – Used for cleaning of incision
- 9) **Hydrogen Peroxide** – Used for cleaning of incisions
- 10) **Arnica** – An herbal supplement that can reduce swelling and bruising if started 1-3 days prior to surgery and continued for several days after surgery
- 11) **Gentle foods** – to encourage eating and not upset the stomach initially.
 - Clear Soda (not diet): Ginger Ale, 7-Up, Sprite
 - Plain crackers, saltine not buttery
 - Soups, water based not cream based
 - Pudding / Applesauce
 - Jello
 - Boost or Ensure** protein shakes

Patient Initials: _____