

## 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	
	X	<b>Prescriptions</b> – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping.
	X	<b>Tylenol</b> or a generic form of this drug – this will be the drug of choice once you do not need the prescription strength pain medications.
	X	<b>Multivitamin</b> – to take prior to surgery and during your recovery for maximum health.
	X	Germ-inhibiting soap, such as <b>Dial</b> , <b>Safeguard</b> , or <b>Lever 2000</b> – to bath with prior to surgery in order to minimize germs.
	X	<b>Straws</b> – 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.
	X	<b>**Do not use straws if you had any lip surgery done**</b>
	X	<b>PhisoHex</b> – wash face three times the day of surgery (Prescription)
	X	<b>Q-tips</b>
	X	<b>Hydrogen Peroxide</b>
	X	<b>Gentle foods</b> – 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
		Toast
		<b>Other</b> _____
		_____
		_____