

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
_____	<u> X </u> Prescriptions – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping.
_____	<u> X </u> 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.
_____	<u> X </u> Multivitamin – to take prior to surgery and during your recovery for maximum health.
_____	<u> X </u> Germ-inhibiting soap, such as Dial , Safeguard , or Lever 2000 – to bath with prior to surgery in order to minimize germs.
_____	<u> X </u> 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.
_____	<u> </u> Frozen Peas – 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.
_____	<u> </u> Aquaphor moisturizing ointment
_____	<u> </u> Q-tips
_____	<u> </u> Hydrogen Peroxide
_____	<u> X </u> 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
_____	Toast
_____	Other _____

Patient Initials: _____