



## 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 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.
	<b>Frozen Peas</b> – 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.
	<b>Aquaphor</b> moisturizing ointment
	<b>Q-tips</b>
	<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