

Pre-Operative Shopping List

It is suggested that you purchase the following products prior to your surgical procedure. All of the items listed below do not require a prescription. Most products are found at a pharmacy or can be purchased on-line.

All Surgical Procedures

1. Colace - A stool softener that should be taken if you are using narcotics
2. Acetaminophen (Tylenol) - To be used in addition to your narcotic pain medicine
3. Hibiclens - Wash with this liquid soap the night before and the morning of your procedure to reduce your infection risk
4. Arnica Montana - An optional medication to help reduce swelling and bruising (comes as tablets or a gel) after surgery

Breast Procedures

1. Sports bras - You will wear sports bras for compression for 6 weeks after your surgery
2. Kotex pads - Place in your bra to absorb any drainage following surgery

Body Procedures

1. Compression garments - You will be given a compression garment to wear for 6 weeks after your surgery. Some patients purchase an additional garment.
2. Kotex pads - Place in your compression garment to absorb any drainage following surgery

Facial Procedures

1. Ice packs
2. Bacitracin ointment - To be applied to the suture lines after surgery