



YTF Cosmetic Plastic Surgery Network

Plastic Surgery Preparation Shopping List

Here are some suggestions for your pre-operative shopping lists.

Pharmacy

Medications:

- ___ Prescribed pain medications
- ___ Prescribed antibiotics
- ___ Prescribed anti-inflammatory medications
- ___ Prescribed anti-anxiety medications
- ___ Over the counter (OTC) sleep medications or ask your surgeon for a prescription
- ___ Prescribed medications the patient normally takes on a day to day or weekly basis

Supplements & Vitamins

- ___ Arnica Montana
- ___ Topical Arnica Montana
- ___ Bromelain
- ___ Vitamin C, or Vicon C

Miscellaneous Medications

- ___ Mild stool softeners
- ___ Antacids

Other Supplies:

- ___ Medication organizer or pill case (with days of the week and times)
- ___ Medication Time Schedule for when to administer medications
- ___ Dressings, sponges, gauze,
- ___ Triple antibiotic ointments
- ___ Antibacterial soap
- ___ Digital thermometer
- ___ Silicone sheeting or other scar therapies
- ___ Wetnaps
- ___ Heating pad (or a large tube sock filled with uncooked rice. This can be microwaved and retains heat very well)
- ___ Moisturizer
- ___ Kleenex

Grocery Store

- ___ Bags of frozen peas

- ___ Plain, low sodium crackers
- ___ Bottled water
- ___ Frozen dinners
- ___ Low sodium soups (no Ramen)
- ___ Jello-O
- ___ Fresh fruit

Department Store, Online Store, or Other

- ___ Compression Garments if needed (medical quality only)
- ___ Extra pillows (varying in firmness), body pillows, Husband/recliner pillow
- ___ Digital camera with memory card
- ___ Journal (or use your laptop)
- ___ Movie rentals, DVR Recordings or downloads
- ___ Books, magazines, audio books, Kindle downloads
- ___ Empty plastic coffee tub with lid (for nausea)
- ___ Batteries for remote
- ___ Pajamas, robe, or oversized, comfortable shirts that button in the front
- ___ Slippers or socks (with grip on the soles)
- ___ Hand mirror
- ___ Small flashlight for late night bathroom trips if you cannot get to the light switch easily. Sometimes pain medications can also cause confusion upon awaking, and you don't want to walk into a wall.
- ___ Nightlight, if you want to avoid the above and are able to sleep with a little light, a low level nightlight may be better than having to fumble for, and hold, a flashlight.

Notes:

The content of this file is for informational purposes only and is not intended as a substitute for professional medical advice. Always consult your own surgeon or other qualified healthcare provider should you have any questions regarding this information or a medical condition. Do not disregard the advice of your own surgeon as a result of reading any information found on our websites, including this document or any information you may read on our plastic surgery discussion forums.