Patient: «Person_First_Name» «Person_Last_Name»

Surgery Date: «Procedure_Date»

Pe-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	Prescriptions – have your prescriptions filled prior to surgery to save time on the way home when you won't be feeling up to stopping.
	X	Germ-inhibiting soap, such as Dial , Safeguard , or Lever 2000 – to bath with prior to surgery in order to minimize germs. Dr J may give you Hibiclens .
	X	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.
	X (6 BAGS)	Frozen Peas – these are great as "ice packs". Get 6 packages so that you can use 1 or 2 and have the others freezing.
		Q-tips –Used for our Blepharoplasty Patients to apply Antibiotic Ointment to incision sites. Do not use your finger.
	X	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 Intials: