THOMAS T JENEBY, M.D.

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** _____

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Patient Intials: _____