

SHOPPING LIST

Items to buy and have before Surgery

For All Surgeries:

Liquid Antibacterial Hand Soap (it can have scent and moisturizers)
Stool softener (Colace, MiraLAX, Dulcolax)

Facial Procedures (including Browlift):

Hydrogen Peroxide, Q-tips, and Polysporin Ointment

Surgery around the Eyes (including Browlift, Fat Injections, and Laser):

Moisturizing eye drops: Refresh Plus Preservative Free disposable vials
AND: Ointment for bedtime: such as Soothe, Refresh PM, or Genteal Tears
(avoid Systane products)

Laser Procedures:

Tube of Aquaphor Ointment (found in lotion aisle)

Nasal Procedures:

Saline Nasal Spray (turn upside down for use as drops)
Afrin Nasal Spray

Breast Augmentation, Breast Lift and Breast Reduction:

4 inch gauze squares and 1 inch paper tape for sensitive skin

Liposuction:

4 inch gauze squares and 1 inch paper tape for sensitive skin

Abdominoplasty:

4 inch gauze squares and 1 inch paper tape for sensitive skin
Hydrogen Peroxide, Q-tips, and Polysporin Ointment
Bolster (cylindrical pillow for under your knees)
A walker for help with ambulation the first week

Addition items that may be helpful (optional):

A neck/travel pillow (facial surgery)
Female urinal or funnel (body surgery)