

Surgery Summary

Congratulations on your decision for surgery! This packet has been designed to provide you with information before the procedure, so that you will know what to expect and what is expected of you. It is important that you familiarize yourself with its contents. If you have questions at any point throughout the process, please do not hesitate to ask.

Pre-Operative Shopping List

The following is a list of items that should be purchased prior to surgery.

- **Prescriptions** – have your prescriptions filled prior to surgery.
- **Tylenol** - or a generic form of this drug – this will be the drug of choice once you do not need the prescription strength pain medications.
- **Soap** - Germ-inhibiting soap, such as **Dial**, **Safeguard**, or **Lever 2000** – to bath with prior to surgery.
- **Straws** – to facilitate fluid intake after surgery while anesthesia is leaving the body.
- **Frozen Peas** – these are great as “ice packs” for facial areas. Get 2-4 packages so that you can use 1 or 2 and have the others freezing. Use for 20-30 minutes at a time then take off for 30 minutes. It is okay reuse for first 48 hours to minimize swelling (**Facelifts/Blepharoplasty/Browlift/rhinoplasty**)
- **Magnesium Citrate and Plan Soda** - Bowel stimulant to use day four following surgery if constipated. Drink until results. If more than one bottle needed please call the office
- **Gentle foods** – to encourage eating and not upset the stomach initially.
 - Clear liquids (not diet): Gatorade or other electrolyte drinks
 - Plain crackers, saltine not buttery
 - Soups, water based not cream based
 - Pudding / Applesauce / Jello
 - Toast
- **Labs** – All labs must be received in office prior to pre-op appointment or surgery will be delayed or cancelled
- **Clothing** – Comfortable clothing for after surgery
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