

Hospital Case

PURCHASE the following non-prescription items:

All:

Tylenol (acetaminophen)

Hibiclens liquid soap - use the night before and morning of surgery

Colace Stool Softener

Crackers, Jello, broth for after surgery

Optional: Wedge, recliner or extra pillows for elevation

Eye Procedure:

Arnica Montana Tablets (start tablets 2 days before surgery)

Frozen Peas or Corn in ziplock bags

Face or Neck Procedure:

Arnica Montana tablets and/or gel (start tablets 2 days before surgery)

Bacitracin Ointment

Johnson & Johnson baby shampoo

Breast Procedure:

Kotex pads (unscented)

Sports Bras - please purchase an athletic sports bra, NOT a post-surgery bra. See the approved sports bra list for examples.

Body Procedure:

Kotex pads(unscented)

Additional binder/garment for compression

Stop all supplements, birth control pills, and estrogen products at least one week before surgery

Pick up your prescriptions from your pharmacy

Pre-operative work up at the facility is approximately 4 days before the procedure

Our staff will call you the day before surgery

No eating or drinking after midnight before surgery

Arrive at facility 2 hours before the case begins

An adult will be needed for transportation and to stay a minimum of one night after surgery

All individuals are highly encouraged to wear masks while in public starting 10 days before the procedure. You must wear a mask after having your covid test performed.

All individuals are highly encouraged to have their Covid booster and Flu shot (if flu season) two weeks prior to the surgical procedure.