

In-Clinic 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 and 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.

A Covid PCR test should be performed three days before the procedure - send results through Klara

Our staff will call you the day before surgery.

Eat breakfast the morning of the procedure.

Arrive 15 minutes before the case begins.

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

Please provide the name and phone number of your transportation as we will keep the individual updated.

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.