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### **Suggested Shopping List For Home Recovery**

It is helpful to purchase a few medical supplies to assist you with your recovery at home. Unless indicated, all of these items may be purchased at your pharmacy.

#### **All patients should purchase the following:**

Arnica montana 30 c (Boiron eighty count tubes, pack of five)  
Bromelain 500 mg (one bottle of one hundred capsules)  
(Arnica and Bromelain may be purchased at health food stores, such as GNC, Vitamin Shoppe, Duane Reade, or Second Nature Markets)  
Flexible straws  
Extra Strength Tylenol  
Tylenol PM

#### **For abdominoplasty:**

4x4 gauze pads (one box)  
paper tape (one roll)  
Hibiclens Skin Cleanser

#### **For facial surgery:**

4x4 gauze pads (two boxes)

*Box of nonsterile medium gloves*

Baby toothbrush

Soft foods, such as: yogurt, scrambled eggs, pudding, ice cream, mashed potatoes, pureed soups, fish fillet, oatmeal  
Ice (for cold compresses)

#### **For eyelid surgery:**

4x4 gauze pads (one box)  
Hypotears eye drops  
Box of nonsterile medium gloves  
Ice

#### **For Browlift Surgery:**

4x4 gauze pads  
Ice

#### **For dermabrasion/laser/chemical peel:**

Aquaphor ointment (one tub)  
Q tips  
4x4 gauze pads (two boxes)  
Facial Sunscreen (SPF 15 or higher)

#### **For breast reduction, mastopexy:**

4x4 gauze pads (two boxes)  
Paper tape (two rolls)  
Hibiclens Skin Cleanser

#### **For nasal surgery:**

2x2 or 4x4 gauze pads  
paper tape

**For liposuction:** (see “After Liposuction” instructions for further information)

Chux underpads

Two garments

Hibiclens Skin Cleanser

Parkave/or forms/preop info/shopping list 9/08