

LIED PLASTIC SURGERY

PRE-OP SHOPPING SUGGESTIONS

***Pre-fill your prescriptions – these will either be mailed or given to you at your pre-op appointment.

Tylenol/Acetaminophen – this will be the drug of choice once you do not require prescription pain medication.

Multivitamin – should be taken before and after surgery to help healing process.

Antibacterial soap – germ prevention

Stool Softener – may purchase over the counter brand (e.g. colace, milk of magnesia)
(anesthesia and pain medications will cause constipation)

Gentle Foods – clear liquids (7-up, sprite, ginger ale)
broth or water based soups
jello
pudding
applesauce
saltine crackers
toast

Sports bra – preferably one that zips or fastens in front (if applicable)

Nipple (without skin graft) reconstruction – disc style non-medicated corn pads. These are placed over the nipple to prevent clothing from placing pressure on the area.

**If your surgery indicates the use of an ice pack (e.g. facelift, nose) we suggest using a bag of frozen vegetables. (keep 1-2 extra on hand)