

Items to Bring for Out-of-Town Surgery Patients

Over-the Counter Medications

MultiVitamin
Vitamin C supplement
Benadryl
Arnica
Iron pills
Laxative
Antibiotic ointment (polysporin or bacitracin)

Prescription Medications- Rx will be given

Pain pills
Muscle relaxers
Antibiotic pills
Anti-nausea pills

Personal Hygiene Items

Comb/Brush
Hair Clip/Hair tie
Hair Scarf
Toothbrush/Toothpaste
Deodorant
Razor/hair remover
Baby wipes
Pads & Pantyliners
Antibacterial soap body
Q-tips
Gauze
Band aids
Antibacterial wipes

Clothing

Comfy Clothes (your choice)
Sunglasses
Open front PJs/robe
Compression Garment – will be provided
Compression stockings
Bras/Underwear
Socks (2)
Slippers
Shower shoes
Boppy pillow / Body pillows

Food & Miscellaneous

Ice Packs hot/cold pack
Gatorade packs
Protein powder
Granola Bars/Light snacks (jello, applesauce)
Dish detergent
Laundry detergent
Eating utensils/tupperware
Water bottle/shake mixer

ZANNIS

CENTER FOR PLASTIC SURGERY

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