

# Shopping List

**These are the things you will need to buy and have before surgery:**

## **For All Surgeries:**

Liquid Antibacterial Hand Soap (it can have scent and moisturizers)

## **Facial Procedures (including Browlift):**

Hydrogen Peroxide, Q-tips, and Polysporin Ointment

## **Surgery around the Eyes (including Browlift, Fat Injections, and Laser):**

Preservative-free moisturizing eye drops (disposables preferred)

And a PM ointment for bedtime (example: Systane, Refresh, Theratears)

## **Laser Procedures:**

Small tube of Aquaphor ointment (in lotion section at stores)

## **Nasal Procedures:**

Saline Nasal Spray (turn upside down for use as drops)

Afrin Nasal Spray

## **Breast Augmentation, Breast Lift and Breast Reduction:**

4 inch gauze squares and 1 inch paper tape for sensitive skin

## **Liposuction:**

4 inch gauze squares and 1 inch paper tape for sensitive skin

## **Abdominoplasty:**

4 inch gauze squares and 1 inch paper tape for sensitive skin

Hydrogen Peroxide, Q-tips, and Polysporin Ointment

Bolster (cylindrical pillow for under your knees)

## **Brazilian Buttock Lift:**

Donut pillow or small (child's) inflatable inner tube

## **Addition items that may be helpful (optional):**

A neck/travel pillow (facial surgery)

Female urinal or funnel (body surgery)