Pre-Operative Shopping List

1. Vitamin C tablets
2. Arnica Montana tablets and ointment
3. Sprite or 7-UP, Coca-cola
4. Hydrogen peroxide
5. Bacitracin ointment or triple antibiotic ointment
6. Q-tips
7. Frozen peas (2 bags)
8. Sudafed tablets
9. Nasal saline spray (for rhinoplasty patients only)

Pre-Operative Instructions

1. Do not take aspirin, ibuprofen, vitamin E, or herbal supplements one week prior to surgery
2. Buy items on shopping list
3. Do not drink alcohol within 2 weeks of your surgery.
4. Fill prescriptions
5. Start Arnica Montana one day prior to surgery
6. Start Vitamin C five days prior to surgery
7. Make sure to stock up on soda and soft, and bland foods
8. Do not eat or drink anything, including chewing gum, after midnight the night before surgery. You may take approved medications with a small sip of water.
9. Wash your hair the night before surgery. Do not apply excessive hair products.
10. Please call prior to the day of your surgery if you feel you are getting sick.
11. On the day of surgery:
   a. Wear very comfortable pants, a shirt that buttons all the way up the front, socks, and slide on shoes.
   b. Please do not wear make-up, jewelry or contact lenses
   c. Leave valuables at home

Important Numbers/Contact Information:

Nurse’s line: 813-974-2749/813-259-8596
After-hours emergencies: 813-974-2201

If you have routine concerns or questions, please call the nurse’s line weekdays between 8 am and 5 pm.
Special Instructions: ________________________________