

### Pre-Operative Shopping List

The following is a list of items that should be purchased prior to surgery in order to prepare for and more easily recover from surgery.

- ☐ **Prescriptions** – fill prescriptions prior to your surgery date.
- ☐ **Tylenol** (Acetaminophen) – If you are not allergic to it. Alternative to narcotic pain medication if pain is not severe.
- ☐ **Straws** – Straws will aid in maintaining good hydration after surgery.
- ☐ **Frozen Pea-Packs** – take a small handful of frozen peas and place them in a small sandwich bag. Make multiple “pea-packs” to have on hand. These packs should be light weight and will be placed on the eyes and mid-face, DO NOT PLACE THEM ON THE NOSE. Use them as much as possible for the first 48 hours after surgery. 20 minutes on the face, followed by 20 minutes off.
- ☐ **Bactroban Ointment (Mupirocin)** – BEGIN 1 WEEK BEFORE SURGERY. Apply with q-tip inside each nostril 2 times a day to kill bacteria.
- ☐ **Vaseline** – Start day after surgery. Apply a thick layer with a q-tip to nostril opening, 4-6 times a day. DO NOT GO DEEP INTO NOSTRIL.
- ☐ **Q-tips** – Used for application of ointment and peroxide.
- ☐ **Hydrogen Peroxide** – Apply hydrogen peroxide around nostrils using the soaked q-tip as a paint brush. DO NOT GO DEEP INTO NOSTRIL.
- ☐ **Arnica** – An herbal supplement that can reduce swelling and bruising. Start taking one pill in the morning and one in the evening 2 DAYS BEFORE SURGERY and continue for about one week. Do not take pill morning of surgery.
- ☐ **Fresh Pineapple and Pineapple Juice.** Helps reduce swelling.
- ☐ **Saline Spray** (Simply Saline). 5 days after surgery use nasal spray to keep nose moist.
- ☐ **Foods for after surgery** – Continue the dietary restrictions that you started 2 weeks prior to surgery for 2 more weeks after surgery, to reduce bleeding. No Supplements. No Vitamin E or D. No Omega-3's. No nuts. No seeds. No fish. No avocados. No seaweed. Look for these ingredients within other foods.

**Acceptable foods: Rice, Dairy, Meats other than fish, beans, lentils, green leafy vegetables, Fruits (avoid ones with seeds such as grapes),**

**Boost or Ensure** protein shakes

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