

# Breast Implants Central



## Recovery Shopping Checklist

### Shopping List

Here are some suggestions for your pre-operative shopping lists.

### Pharmacy

Medications:

- \_\_\_ Prescribed pain medications
- \_\_\_ Prescribed antibiotics
- \_\_\_ Prescribed anti-inflammatory medications
- \_\_\_ Prescribed anti-anxiety medications
- \_\_\_ Over the counter (OTC) sleep medications or ask your surgeon for a prescription
- \_\_\_ Prescribed medications the patient normally takes on a day to day or weekly basis (birth control)

Supplements & Vitamins

- \_\_\_ Arnica Montana
- \_\_\_ Topical Arnica Montana
- \_\_\_ Bromelain
- \_\_\_ Vitamin C, or Vicon C

Miscellaneous Medications

- \_\_\_ Mild stool softeners
- \_\_\_ Antacids

Other Supplies:

- \_\_\_ Medication organizer or pill case (with days of the week and times)
- \_\_\_ Medication Time Schedule for when to administer medications
- \_\_\_ Dressings, sponges, gauze,
- \_\_\_ Triple antibiotic ointments
- \_\_\_ Antibacterial soap
- \_\_\_ Digital thermometer
- \_\_\_ Silicone sheeting or other scar therapies
- \_\_\_ Wetnaps
- \_\_\_ Heating pad (or a large tube sock filled with uncooked rice. This can be microwaved and retains heat very well)
- \_\_\_ Moisturizer
- \_\_\_ Kleenex

## Grocery Store

- \_\_\_ Bags of frozen peas
- \_\_\_ Plain, low sodium crackers
- \_\_\_ Bottled water
- \_\_\_ Frozen dinners
- \_\_\_ Low sodium soups (no Ramen)
- \_\_\_ Jello-O
- \_\_\_ Fresh fruit

## Department Store, Online Store, or Other

- \_\_\_ Surgical Bras and other Compression Garments if needed (medical quality only)
- \_\_\_ Extra pillows (varying in firmness), body pillows, Husband/recliner pillow
- \_\_\_ Digital camera with memory card
- \_\_\_ Journal (or use your laptop)
- \_\_\_ Movie rentals, DVR Recordings or downloads
- \_\_\_ Books, magazines, audio books, Kindle downloads
- \_\_\_ Empty plastic coffee tub with lid (for nausea)
- \_\_\_ Batteries for remote
- \_\_\_ Pajamas, robe, or oversized, comfortable shirts that button in the front
- \_\_\_ Slippers or socks (with grip on the soles)
- \_\_\_ Hand mirror
- \_\_\_ Small flashlight for late night bathroom trips if you cannot get to the light switch easily. Sometimes pain medications can also cause confusion upon awaking, and you don't want to walk into a wall.
- \_\_\_ Nightlight, if you want to avoid the above and are able to sleep with a little light, a low level nightlight may be better than having to fumble for, and hold, a flashlight.

## Notes: