

# Surgery Shopping List

## Must-haves:

- **Hibiclens® Antiseptic Skin Cleanser** : Use one to two days before surgery to decrease the chance of infections. It tends to dry out your skin so do not use it after surgery. You can purchase this in local drugstores such as Rite Aid, CVS, Walgreens, etc.
- **Dial® Antibacterial Foaming Soap**: This unscented, foamy soap can be used after surgery. It's gentle to your skin and still gets everything clean.
- **Bacitracin or Polysporin® antibiotic and Q-tips**: Generic is fine. Apply a small amount of antibiotic ointment on the Q-tip to the area where the drainage tube exits your skin before and after you shower. This reduces the chance of infection by preventing bacteria from getting into your skin.
- **Milk of Magnesia or any stool softeners**: Pain medication can be quite constipating so it's good to have some of this in your medicine cabinet.

## Nice to haves:

### Suggestions from previous patients about what worked for them

- **Colgate® Wisp™**: Brush your teeth and freshen your mouth without water.
- **Razors with built-in shave bars**: When you're shaving after your surgery, you'll want it as easy as possible. Gillette Venus Breeze® or Schick Intuition® are the favorites.

- **Extra clothing**: You may not fit into your normal clothing after surgery because of drains, dressings, and swelling. Larger shirts or blouses that button in the front and pants with elastic waistbands are recommended.
- **Dressings**: Depending on your surgeon, if you'll need dressings for your incision, do not use regular gauze because that sticks to your skin. Maxi pads or panty liners are inexpensive and work great.
- **Flex straws**: They make drinking in bed so much easier.
- **Shower chairs**: If you have a seat built into your shower, you're in business. If not, shower chairs are available on Amazon or in local drugstores starting at \$40 and may be a good investment, particularly if you've had DIEP or TRAM flap.
- **Recliner**: Getting in and out of bed may be challenging for a few nights/weeks if you've had breast reconstruction. This is great if you can borrow one or you can rent one at any medical equipment and supply store.
- **Bed wedge pillow**: Helps you sleep on your back comfortably in a reclining position since laying flat may be difficult to sleep. You can purchase it at Torrance Memorial Medical Center's HealthLinks' Evelyn's Corner, Bed Bath & Beyond, or Target.
- **Camisole with drain pockets**: Make sure you ask your surgeon if you can wear a camisole after surgery before you purchase it. The camisole can be worn to hold post-surgical drains to home from the hospital or when you go out. It is available at Torrance Memorial Medical Center's HealthLinks' Evelyn's Corner.
- **Fanny pack**: If you don't want to wear the camisole, then you can wear this to hold your drains.
- **Shower drain lanyard**: Useful to hold your drains when showering. Please see Evelyn before you leave class if you need one.
- **Single-serve nutritious snacks and meals**: If you have no one to cook for you after surgery, consider cooking ahead and freezing some individual portions of your favorite meals that you can defrost and eat. Stock up your pantry and refrigerator with soup, Jell-O, power bars, fruit, nuts, real fruit popsicles, crackers, or any single-serving food.
- **Recovery entertainment**: Stock up on books, magazines, DVDs, apps, audiobooks, and Netflix downloads you enjoy. Keep in mind that you'll probably be falling asleep in the middle of whatever you're watching or reading, especially when you're taking pain medications so don't plan on digesting anything complicated and heavy. Pick things that are light and fun. Be careful with your favorite "laugh out loud" comedies because laughing after surgery hurts for a while.